

State Orienteering League (SOL)- Rules

(Revised for 2017)

The State Orienteering league (SOL) is a series of orienteering events running throughout the season which is designed to permit comparison of performance within and between orienteers of different age classes.

One outcome will be the Orienteer of the Year (OY) for which there are four categories:

- Senior Men (M-16 upwards)
- Senior Women (W-16 upwards)
- Junior Men (M-10 to M-14)
- Junior Women (W-10 to W-14)

Eligibility

The competition is open to Full Club O.A.W.A. members only.

SOL Events

Points for the competition may be gained at six nominated OY events each season. These events will be the WA Long State Championships, WA Middle Distance State Championships, the WA Sprint Championships, and the nominated non-championship State Orienteering League (SOL) events (one of each) over the same distances.

Scoring for the OY

The winner of each Category (Senior Men, Senior Women, Junior Men and Junior Women) is the highest points scorer in the Category after the last SOL event of the season.

All events carry equal weighting, except that if there is a tie for winner, the points from the Long State Championships shall determine the outcome, followed if necessary by the points from the Middle Distance State Championships.

The best four events will be counted towards each competitor's total score, event scores being added together to give final scores.

Positions at each event are determined by rates per kilometre, multiplied by age class adjustment factors (see below). Competitors in each Category are then ranked according to their adjusted kilometre rates.

Points are allocated to competitors at each event within each Category according to position on the ranking table for their category; 100 for the highest.

If a competitor runs a course that does not qualify for OY points (see below) this will be shown by * beside his or her name in the ranking table for the event.

Age class adjustment factors:

Age Groups and factors for OY Adjustments for SOL events

	Junior			Senior														
Age group	10	12	14	16	18	20	21	35	40	45	50	55	60	65	70	75	80	
Men	.80	.90	1.0	.75	.85	.90	1.0	.90	.85	.80	.75	.70	.65	.60	.55	.50	.45	
Women	.80	.90	1.0	.75	.85	.90	1.0	.90	.85	.80	.75	.70	.65	.60	.55	.50	.45	

Eligible Classes

To be eligible to score OY points, competitors must run the courses shown below, or higher ones.

For the Non Championship Classic (Long) distance event you need to enter a minimum of the following courses according to your age group.

Men		Women		Minimum Course	Length % of H1
	19-39			H1	100
17-18	40-54		19-49	H2	60
15-16	55-64	17-18	50-54	H3	45
	65+	15-16	55+	H4	35 <i>Less physically challenging than other Hard courses</i>
	13-14		13-14	M	25
	11-12		11-12	E	3km
	< or = 10		< or = 10	VE	2km

For the Non Championship Middle distance events you need to enter a minimum of the following courses according to you age group.

Men		Women		Minimum Course	Length % of H1
	19-39			H1	100
17-18	40-54		19-49	H2	70
15-16	55-74	15-18	50-64	H3	40 <i>Less physically challenging than H1 & H2</i>
	75+		65+	H4	30 <i>Less physically challenging than H1, H2 & H3</i>
	13-14		13-14	M	25
	11-12		11-12	E	3km

	< or = 10		< or = 10	VE	2km
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For the Non Championship Sprint Event

<u>Men</u>		<u>Women</u>		<u>Minimum Course</u>
17-20	21-44			Long
15-16	45-74	15-20	21-64	Medium
13-14	75+	13-14	65+	Short
< or = 12		< or = 12		Easy

As Championship events are run in age classes, for the three SOL Championship events you must enter the course for your age group as the minimum course.

You may enter a harder or longer course but you will still receive the same factor.

Organiser's Allowance

People who cannot complete in an SOL event because they are involved in its setting or organisation will be given an organiser's allowance.

They will have added to their SOL score at the end of the season points to the value of the average of their best three scores from valid runs. This applies only to the Controller, Course Setter, Assistant Course Setter(s) and the Administrator at the event.

Cancellation of Courses

If a course is cancelled, the competitors on that course will be allocated an average as for the organiser's allowance.

The results of competitors on other courses shall be treated as usual.

Last modified: May 2017