

CLASSES FOR STATE SERIES EVENTS IN 2014

For 2014, we will not be using age classes for entry/results for the Victorian State Series events.

Your entry and results will be by course and gender. You are free to select whichever course suits your preferred length and navigational difficulty.

The points series (for individual end-of-year awards and for club Rockhopper points) will be based on course and gender – so if you're aiming for cumulative points, you might like to select the same course for each State Series event.

Course setters have been advised to work on the following guidelines.

Course	Navigation difficulty	Physical difficulty (agility)	Distance – long distance events	Distance – middle distance events
1	Hard		100% based on M21A winning time of 85 min	100% based on M21A winning time of 35-40 min
2	Hard		60% of course 1	Same distance as course 1
3	Hard		45% of course 1	70% of course 1
4	Hard	Moderate physically	25-30% of course 1	50% of course 1
5	Hard	Easy physically	20% of course 1	40% of course 1
6	Moderate	Moderate	35-40% of course 1	45-50% of course 1
7	Easy	Easy	25% of course 1	30-40% of course 1
8	V Easy	V Easy	20% of course 1	25-30% of course 1

So, for comparison,

- The new courses 6, 7, and 8 are similar to last year's courses 8, 9 and 10.
- The new course 8 will be suitable for M/W10s and others wanting 'very easy' style navigation.
- The new course 6 will be similar to the previous Open B or M/W 14 course, with moderate difficulty navigation.
- The new course 5 will be similar to last year's course 7 – harder navigation but easier physical effort required.

Fewer courses will ease the load on course setters, and hopefully will even out the number of competitors on courses 1, 2 and 3.

W21A runners are likely to select course 2 in the new format (rather than course 3 as previously). But of course you are free to choose your course without any age-class restrictions.

If you are a woman and wish to do course 2, you will enter OV Course 2W.
If you are a man and wish to do course 6, you will enter OV Course 6M.
And so on.

The Rowdy Flat event on 22 March is a Middle Distance event.

The Kangaroo Crossing event on 23 March is a Long Distance event.