

# State Orienteering League (SOL)- Rules

## 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.

<u>Men</u>		<u>Women</u>		<u>Minimum Course</u>
	19-39			H1
17-18	40-54		19-49	H2
15-16	55-64	17-18	50-54	H3
	65-74 Sledge	15-16	55-69 Sledge	H4
	75+		70+	H5
	13-14		13-14	M
	11-12		11-12	E
	< or = 10		< or = 10	VE

## Sledge Class

From Season 2020 a new Sledge class has been added to Championship and OY events. Sledge is an open class for men and women of any age. This means that competitors in the Sledge class at Championship and State League events can score SOL points in accordance with their Age Factor.

**Last modified: May 2020**