

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 Sprint Event you need to enter a minimum of the following courses according to you age group.

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

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.

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