

Class Selection Guide

Participants can choose a **Championship class** based on gender and age or an **Open class** based on physical and orienteering experience.

Definitions
W = Women; M = Men; EWT = Estimated Winning Time
<p>Determining Age Class: The appropriate class is determined by a person's age as of December 31, 2010</p>
<p>Championship Classes:</p> <ul style="list-style-type: none"> • Competitors are divided into classes according to their gender and age. Women may compete in men's classes. • Championship medals are awarded only in the A and E classes. • M/W21 Classes: There is no A class for M/W21. The championship classes for M/W21 are M21E and W21E. (E = Elite) • Shadowing of juniors is not allowed in A classes • B classes are for those (under age 35) who may prefer a course that is shorter and/or less technical than the corresponding A class. Shadowing is allowed in B classes for juniors aged 14 and younger.
<p>Open Classes:</p> <ul style="list-style-type: none"> • Open classes are for individuals of any age and for family groups or groups (up to 3 persons) that choose not to compete individually in a championship class.

Technical Rating	Technical Description
TR 1	Beginner level. Course tends to follow linear features such as trails, fences, etc.
TR 2	Beginner Plus level. Course tends to follow linear features but with some basic route choice options. Limited use of contour and other natural features.
TR 3	Intermediate level. Route choice options. Use of contour and other natural features. Use of catching features.
TR 4	Advanced level. Technical orienteering. Route choice options with use of contour and natural features. Avoids physically challenging and highly detailed areas of the map.
TR 5	Expert level. Physically and technically challenging.

Class	Age	Technical Rating	Long		Middle		Sprint	
			distance (km)	EWT (minutes)	distance (km)	EWT (minutes)	distance (km)	EWT (minutes)
M10A	10 & under	1	2.0 - 3.0	30	2.0 - 2.5	20	1.3 - 1.6	10 - 12
M12A	12 & under	1	2.0 - 3.0	30	2.0 - 2.5	20	1.3 - 1.6	10 - 12
M14A	14 & under	2	2.5 - 3.5	30	2.0 - 3.0	20	1.3 - 1.6	10 - 12
M16A	16 & under	3	3.5 - 4.5	50	2.0 - 3.0	25	2.0 - 2.5	15 - 20
M20A	20 & under	5	8.0 - 10.5	70 - 80	3.5 - 4.0	30 - 35	2.0 - 2.5	15 - 20
M21E	All	5	11.5 - 13.5	90 - 100	4.5 - 5.0	30 - 35	3.0 - 3.2	15 - 20
M35A	35 & over	5	8.0 - 10.5	70 - 80	3.5 - 4.0	30 - 35	2.5 - 3.0	15 - 20
M45A	45 & over	5	6.0 - 7.5	55	3.0 - 3.5	25	2.5 - 3.0	15 - 20
M55A	55 & over	5	6.0 - 7.5	55	3.0 - 3.5	25	2.0 - 2.5	15 - 20
M65A	65 & over	5	4.5 - 5.8	45 - 50	2.5 - 3.0	25	2.0 - 2.5	15 - 20
M75A	75 & over	4	3.0 - 4.0	45 - 50	2.0 - 2.5	25	1.3 - 1.6	15 - 20
M80A	80 & over	4	3.0 - 4.0	45 - 50	2.0 - 2.5	25	1.3 - 1.6	15 - 20
M12B	12 & under	1	2.0 - 3.0	35 - 40	2.0 - 2.5	25 - 30	1.3 - 1.6	15 - 20
M14B	14 & under	1	2.0 - 3.0	35 - 40	2.0 - 2.5	25 - 30	1.3 - 1.6	15 - 20
M16B	16 & under	2	2.5 - 3.5	40 - 45	2.0 - 3.0	25 - 30	2.0 - 2.5	15 - 20
M20B	20 & under	3	3.5 - 4.5	50	2.0 - 3.0	25	2.0 - 2.5	15 - 20
M21B	All	5	6.0 - 7.5	55	3.0 - 3.5	25	2.0 - 2.5	15 - 20
W10A	10 & under	1	2.0 - 3.0	30	2.0 - 2.5	20	1.3 - 1.6	10 - 12
W12A	12 & under	1	2.0 - 3.0	30	2.0 - 2.5	20	1.3 - 1.6	10 - 12
W14A	14 & under	2	2.5 - 3.5	30	2.0 - 3.0	20	1.3 - 1.6	10 - 12
W16A	16 & under	3	3.5 - 4.5	50	2.0 - 3.0	25	2.0 - 2.5	15 - 20
W20A	20 & under	5	5.5 - 7.0	55	3.0 - 3.5	30	2.0 - 2.5	15 - 20
W21E	All	5	8.0 - 10.5	70 - 80	4.0 - 4.5	30 - 35	2.5 - 3.0	15 - 20
W35A	35 & over	5	5.5 - 7.0	55	3.0 - 3.5	30	2.0 - 2.5	15 - 20
W45A	45 & over	5	4.5 - 5.8	45 - 50	3.0 - 3.5	25	2.0 - 2.5	15 - 20
W55A	55 & over	5	3.5 - 5.0	45 - 50	2.5 - 3.0	25	2.0 - 2.5	15 - 20
W65A	65 & over	4	3.0 - 4.0	45 - 50	2.0 - 3.0	25	1.3 - 1.6	15 - 20
W75A	75 & over	4	3.0 - 4.0	45 - 50	2.0 - 2.5	25	1.3 - 1.6	15 - 20
W80A	80 & over	4	3.0 - 4.0	45 - 50	2.0 - 2.5	25	1.3 - 1.6	15 - 20
W12B	12 & under	1	2.0 - 3.0	35 - 40	2.0 - 2.5	25 - 30	1.3 - 1.6	10 - 12
W14B	14 & under	1	2.0 - 3.0	35 - 40	2.0 - 2.5	25 - 30	1.3 - 1.6	10 - 12
W16B	16 & under	2	2.5 - 3.5	40 - 45	2.0 - 3.0	25 - 30	1.3 - 1.6	15 - 20
W20B	20 & under	3	3.5 - 4.5	50	2.0 - 3.0	25	2.0 - 2.5	15 - 20
W21B	All	5	4.5 - 5.8	45 - 50	3.0 - 3.5	25	2.0 - 2.5	15 - 20
Open TR1	All	1	2.0 - 3.0	35 - 40	2.0 - 2.5	25 - 30	1.3 - 1.6	15 - 20
Open TR2	All	2	2.5 - 3.5	40 - 45	2.0 - 3.0	25 - 30	1.3 - 1.6	15 - 20
Open TR3	All	3	3.5 - 4.5	50 - 65	2.5 - 3.0	25 - 30	2.0 - 2.5	15 - 20
Open TR4	All	4	3.0 - 4.0	50 - 65	2.5 - 3.0	25 - 35	2.0 - 2.5	15 - 20
Open TR5	All	5	4.5 - 5.8	50 - 65	2.5 - 3.0	25 - 35	2.0 - 2.5	15 - 20
Adventure Runner	All	2	7.0 - 9.0	50 - 65	3.0 - 4.0	30 - 35	2.5 - 3.0	15 - 20

