

Changes to M/W 16 and Adjacent Classes

Below is the revised Course-class format as proposed by the Technical Committee to the NZOF Council in November 2003, but including the Council's alterations. These combinations are in place as of 1 March 2004.

The course lengths set out below are designed to reflect the current relative strengths of the competitors in the various A Classes, and an assessment of where less experienced members of the classes would be if they were to run a properly constructed B course instead of being outclassed by more experienced runners who return to their correct classes for (e.g.) trials and National and major Regional Championships. The relatively small competing population in NZ means that these combinations will need to be altered further over time, as cohorts of competitors move through the classes, altering the balance and strengths of different age-groups.

At this point no attempt has been made to revise the 7-course combination. It is applied differently by the different orienteering regions, depending on the strengths of their own competing populations, and has not been used for Badge purposes in some time.

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Convenor, NZOF Technical Committee.

13 Course Format (events 350-500 people)

Course	Men	Women	Relative Length	Difficulty	
1	M21E (Open)		100%	Red	Percentages apply to time for fastest competitor in NZ in this grade.
2	M20A, M21A (Open) M35A	W21E (Open)	60%	Red	
3	M18A, M40A, M45A		47%	Red	
4	M50A	W20A, W21A (Open) W35A	41%	Red	
5	M55A, M21AS (Open), M16A	W40A, W45A	37%	Red	
6	M60A, M40AS	W18A, W50A	33%	Red	
7	M65A	W55A, W21AS (Open), W40AS, W16A	27%	Red	
8	M70A, M75A, M80A	W60A, W65A	18%	Red	
9	M18B, M21B (Open), M20B, M40B	W20B, W21B (Open)	35%	Orange	Percentages apply to median NZ competitor
10	M14A, M16B, M50B	W18B, W40B,	29%	Orange	
11		W14A, W16B, W50B	23%	Orange	
12	M12A, M14B, M21C (Open)	W12A, W14B, W21C (Open)	2.5-4km	Yellow	
13	M10, M12B	W10, W12B	2-3km	White	

12 Course Format (events 200-350 people)

Course	Men	Women	Relative Length	Difficulty	
1	M21E		100%	Red	Percentages apply to time for fastest competitor in NZ in this grade.
2	M20A, M21A, M35A	W21E	60%	Red	
3	M18A, M40A, M45A		47%	Red	
4	M50A, M21AS,	W20A, W21A, W35A, W40A	41%	Red	
5	M55A, M60A, M40AS M16A	W18A, W45A, W50A	33%	Red	
6	M65A	W55A, W21AS, W16A	27%	Red	
7	M70A, M75A	W60A, W65A, W40AS	18%	Red	
8	M18B, M21B		35%	Orange	Percentages apply to median NZ competitor
9	M14A, M16B, M40B	W18B, W21B	29%	Orange	
10	M50B	W14A, W16B, W40B, W50B	23%	Orange	
11	M12A, M14B, M21C	W12A, W14B, W21C	2.5-4km	Yellow	
12	M10, M12B	W10, W12B	2-3km	White	

10 Course Format (events under 200 people)

Course	Men	Women	Relative Length	Difficulty	
1	M21E		100%	Red	Percentages apply to time for fastest competitor in NZ in this grade.
2	M20A, M21A	W21E	60%	Red	
3	M18A, M40A		47%	Red	
4	M16A , M50A, M21AS	W18A, W20A, W21A, W40A	38%	Red	
5	M60A, M40AS	W16A , W50A, W21AS	27%	Red	
6	M70A	W60A, W40AS	18%	Red	
7	M18B, M21B, M14A		29%	Orange	Percentages apply to median NZ competitor
8	M40B	W21B, W40B, W14A, W18B	23%	Orange	
9	M12A, M14B, M21C	W12A, W14B, W21C	2.5-4km	Yellow	
10	M10, M12B	W10, W12B	1.5-2.5km	White	