

## 2016 VICTORIAN STATE SERIES - COURSE TABLE

### Notes for Course Setters and Organisers

Each State Series event is designated as either a Long Distance event or a Middle Distance event, as determined by the Bush Subcommittee based on terrain complexity, size of area and provision of variety within the fixture.

Please check Eventor to see how your event has been classified, then set course lengths according to the table below. If unsure, contact the Bush Operations Coordinator, Laurie Niven – [laurieniven153@gmail.com](mailto:laurieniven153@gmail.com)

There will be **9 courses** in Long Distance events.

Nominally, there are 9 Middle Distance courses, but courses 2 and 3 are to be identical.

Course numbering 1-9 across the Series is to enable the results to maintain their integrity, and helps competitors consistently enter the same course.

Note that

- **start times** for Middle Distance on courses 2 and 3 need to be combined - all those competitors need to start 2 minutes apart.

Course 1 is an open class – there is no separate class for women who may choose to run course 1. For all other courses there are **two classes**– male (M) and female (W).

The table below includes a shaded column for suggested age classes, but competitors are encouraged to choose freely.

### SPECIALNOTES

1. The length of moderate and easy courses should always approximate those shown.
2. To determine **course lengths for hard courses**, course setters should check winning times for M21A on the same or similar terrain.
3. Courses 5 and 6 should be **highly technical** – hard navigation - but at the same time they need to allow competitors reasonable choice to **avoid obstacles**, cliffs, ravines, and very rough ground - a navigationally interesting challenge for less agile competitors.
4. The OA Rules state the following about **Middle Distance** courses (for **hard** navigation courses **only**):
  - The Middle distance profile is technical... with an emphasis on detailed navigation and where finding the controls constitutes a challenge.*
  - It requires constant concentration on map reading with occasional shifts in running direction out from controls.*
  - The element of route choice is essential but should not be at the expense of technically demanding orienteering.*
  - The route in itself shall involve demanding navigation.*
  - The course shall require speed-shifts, e.g. with legs through different types of vegetation.*
5. On the day, **results** should be divided into Men and Women for each of courses 2 to 9.
6. Note that **championships** use a different set of course/class combinations (not as shown here, but available on OV website), including a full range of approximately 30 age and gender classes.
7. National League (**NOL**) events have special requirements in the M/W21 and M/W20 classes, which are available on the OA website.

**Table on next page.**

## STATE SERIES COURSES 2016

Course	Classes	Difficulty	Long Distance course lengths	<i>e.g. if an M21 runs @ 7min/km</i>	Minimum number of <b>drinks</b> stations		Middle Distance course lengths	<i>e.g. if an M21 runs @ 7min/km</i>	Suggested age groups
1	Open	Hard	100% M21A win time 85mins	12km	3	2	100% M21A win time 35-40 mins	6km	M21 M20 M35 M40
2	M2, W2	Hard	60%	7.2km	3	2	75%	4.5km	W21 W35 W40 M16 M45 M50 M55
3	M3, W3	Hard	50%	6km	2		75%	4.5km	W20 W45 W50 M60
4	M4, W4	Hard	37.5%	4.5km	2		60%	3.6km	W16 W55 M65
5	M5, W5	Hard nav See Special note 3	27.5%	3.3km	2		50%	3km	W60 W65 M70 M75
6	M6, W6	Hard nav, but easy physically See Special note 3	20%	2.4km	1		40%	2.4km	W70 W75 W80 M80 M85
7	M7, W7	Moderate		3.5km	2			3.5km	Open B W14 M14
8	M8, W8	Easy		2.5 - 3km	0			2.5 - 3km	W12 M12
9	M9, W9	V Easy		2km	0			2km	Novice W10 M10

There is more information about **drinks** under the the Health and Safety heading at <http://www.vicorienteing.asn.au/admin/organising/>