

Class	1st Day, Saturday			2nd Day, Sunday		
MW 10 taped	2.1	105	9	2.2	120	9
MW12	2.5	145	11	2.4	120	10
MW14	3.1	155	13	3.6	170	13
M16	4.7	235	17	4.7	250	16
W16	4.3	205	15	4.3	235	14
M18	5.2	285	19	6.7	355	18
W18	4.6	225	18	5.7	325	18
M20	5.5	275	23	8.2	480	22
W20	4.7	240	21	6.9	395	17
M21 E	6.4	310	23	12.2	660	24
W21 E	4.9	255	20	8.4	495	21
M21 A Long	5.8	275	22	10.0	500	25
W21 A Long	4.5	215	17	7.1	410	16
M21 B Short	4.1	210	16	5.1	275	16
W21 B Short	3.1	180	15	4.4	255	15
M35	5.2	250	19	8.3	485	19
M35 Short	4.4	235	18	5.2	265	17
W35	4.6	225	18	6.3	350	18
W35 Short	3.7	200	17	4.6	235	14
M40	4.5	220	19	7.2	385	18
W40	3.9	205	16	6.0	285	18
M50	4.3	215	18	6.5	335	15
W50	3.6	180	17	5.0	240	16
M60	4.2	235	17	5.7	280	16
W60	3.4	175	15	4.2	250	13
M70	3.5	170	15	4.2	215	14
W70	3.0	170	14	3.5	195	12
Open 1	2.6	140	13	2.5	145	10
Open 2	3.3	135	14	3.5	175	14
Open 3	4.1	235	16	4.4	225	12
CP – Children with parents	2.1	105	9	2.2	120	9

Beginner's level courses – Navigation based on line features, running along the roads and vegetation boundary, easy approach to control, short bearing section and controls at open field.

Advanced level courses– Navigation based at contour features, short legs and mixture of orienteering technique`s. Athletes should be at good physical and mental shape.

Difficult level courses – Courses for junior, senior and early master categories required from athletes top level navigation skills and strong physical and mental shape. First day course based at contour features, bearing legs and lots of direction changes. Second day there will be several long legs.