

WPFG ABRIDGED RULES - ORIENTEERING - Page 1

GUIDING BODIES

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EVENTS

INDIVIDUAL SPRINT DISTANCE

The sprint profile is high speed.

Men: 18+, 30+ & 35+	3 Km
40+ & 45+	2.5 Km
50+ & 55+	2 Km
60+ & 65+	1.5 Km

Women: 18+, 30+ & 35+	2.5 Km
40+ & 45+	2 Km
50+ & 55+	1.5 Km
60+ & 65+	1.5 Km

INDIVIDUAL LONG DISTANCE

The long distance profile is endurance.

Men: 18+, 30+ & 35+	8 Km
40+ & 45+	6 Km
50+ & 55+	5 Km
60+ & 65+	4 Km

Women: 18+, 30+ & 35+	6 Km
40+ & 45+	5 Km
50+ & 55+	4 Km
60+ & 65+	3 Km

Age Categories in the Men's and Women's Individual events are:

18 +	50 +
30 +	55 +
35 +	60 +
40 +	65 +
45 +	

WPFG ABRIDGED RULES - ORIENTEERING - Page 2

GENERAL RULES

Each runner starts separately at equal, predetermined intervals.

The only aids a runner may use during the competition are the map and control descriptions (provided by the Host) and a compass (provided by the runner).

Runners, who lose their control card, omit a control or visit controls in the wrong order will be disqualified.

Every participating agency shall designate one representative who will attend any officials meeting as scheduled by the organizer.

COMPETITORS EQUIPMENT:

For the long distance event competitors must wear long trousers and a shirt with long or short sleeves.

Competitors decide what kind of shoes they will use.

Competitors provide their own compass.

Unless authorized by the Host, telecommunication equipment may not be used in the competition area.