



ALPE ADRIA ORIENTEERING CUP
GUIDELINES FOR COURSE LENGTHS
(Appendix to the AAOC Competition Rules)

The courses for Alpe Adria Orienteering Cup should be set to give the following winning times (for the best AA team runner):

1. Middle Distance:

W 18: 30 minutes	W 21: 35 minutes	W 35: 30 minutes
M 18: 30 minutes	M 21: 35 minutes	M 35: 30 minutes

2. Long Distance:

W 18: 45 - 50 minutes	W 21: 55 - 60 minutes	W 35: 45 - 50 minutes
M 18: 50 - 55 minutes	M 21: 65 - 70 minutes	M 35: 55 - 60 minutes

3. Relay:

W 21: 35 – 40 minutes per runner	110 – 120 minutes per team
M 21: 35 – 40 minutes per runner	110 – 120 minutes per team

This appendix has been decided by the AAOG meeting at AAOC 2009 in Regensburg (Bayern).

Regensburg, 2009-05-01