



ALPE ADRIA ORIENTEERING CUP
GUIDELINES FOR COURSE LENGTHS
(Appendix to the AOC 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 16:	30 minutes	M 16:	30 minutes
W 18:	30 minutes	M 18:	30 minutes
W 21:	35 minutes	M 21:	35 minutes
W 35:	30 minutes	M 35:	30 minutes
W 45:	30 minutes	M 45:	30 minutes

2. Long Distance:

W 16:	40 - 45 minutes	M 16:	45 - 50 minutes
W 18:	45 - 50 minutes	M 18:	50 - 55 minutes
W 21:	55 - 60 minutes	M 21:	65 - 70 minutes
W 35:	45 - 50 minutes	M 35:	55 - 60 minutes
W 45:	40 - 45 minutes	M 45:	50 - 55 minutes

3. Relay:

MW 18:	30 - 35 minutes per runner on legs 1 and 3 20 - 25 minutes per runner on leg 2	80 - 90 minutes per team
W 21:	35 - 40 minutes per runner	110 - 120 minutes per team
M 21:	35 - 40 minutes per runner	110 - 120 minutes per team
MW 35:	30 - 35 minutes per runner on legs 1 and 3 20 - 25 minutes per runner on leg 2	80 - 90 minutes per team

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

Regensburg, 2009-05-01

Changes have been decided by the AAOG meeting at AAOC 2015 in Bad Waltersdorf (Steiermark) and at AAOC 2016 in Trieste (Friuli Venezia Giulia).

Gradisca d'Isonzo, 2016-09-23