

Race Format

The length of this run will depend on a participant's O-cup handicap. This race will feature the O-Cup Box which consists of a set of 6 to 8 checkpoints which participants may visit in any order. Participants may skip check points in the box equal to their handicap point total. Handicap points are awarded as follows:

AGE	12-	13-14	15-16	17-19	20-34	35-44	45-54	55-64	65-74	75+
Female	6	5	4	3	2	3	4	5	6	6
Not Female	6	5	4	1	0	1	2	3	4	5

SPECIAL CASES

Handicap of 2: Women in the top 10 of Canadian orienteering rankings

Handicap of 0: Men ranked in the top 10 of Canadian orienteering rankings

Handicap of 6 if pregnant

BONUS HANDICAP POINTS

Age/gender handicap +2: first O-Cup race ever

Age/gender handicap +1 first O-Cup series after 1st race

*Maximum total handicap = 6

e.g. a seventeen-year old female athlete is eligible to skip 3 controls in a THOMASS box, or she could elect to skip five if it's her first ever O-Cup race, and subsequently four controls for the remainder of the series races.

All checkpoints will be marked with the White and Orange flags. Please punch using the SI Card in the SI Brick.