

## Classes

Estimated winning times will be:

- for the National Championships – Classic event 100%
- for the National Championships – Short event 60%
- for the National Championships – Ultra Short 12-15 mins
- for the ANZAC 4 Day event 70-90%

Course	Men	Women	Relative length of the course	Difficulty
1	M21E (open)		100%	Red
2	M-20A, M21A (open), M35-A	W21E (open)	60%	Red
3	M-18A, M40-A, M45-A		47%	Red
4	M50-A	W-20A, W21A (open), W35-A	41%	Red
5	M55-A, M21-AS (open)	W40-A, W45-A	37%	Red
6	M60-A, M40-AS	W-18A, W50-A	36%	Red
7	M65-A	W55-A, W21-AS (open)	28%	Red
8	M70-A, M75-A, M80-A	W40-AS, W60-A, W65-A, W70-A	18%	Red
9	M-16A, M21B (open)		35%	Orange
10	M-20B, M40-B	W-16A, W21B (open)	29%	Orange
11	M50-B	W-20B, W40-B, W50-B	23%	Orange
12	M-14A, M-16B, M21C (open)	W-14A, W-16B, W21C (open)	3.5-4.5km	Yellow
13	M-12, M-14B	W-12, W-14B	2-3km	White

- 100% relative length is based on an M21E winning a classic distance course in 105 minutes.
- Some classes/courses may be combined if entry numbers are small.

## Classes for Ultrashort event

M14, M18, M21, M35, M45, M55 W14, W18, W21, W35, W45, W55

Note:

M/W21 includes M/W20, M/W21E and M/W21A

M/W18 includes M/W16

M/W14 includes M/W12

## Classes for Relay event

The National Interclub Relays will be contested between Club based teams.

Class	Restrictions	Win time	Difficulty
Mixed Long			
Leg 1	Open	35 mins	Orange
Leg 2	No M18A-M50A, No W20A-W35A, No E classes	20 mins	Orange
Leg 3	No M21E, M21AL, M20A, M35A, W21E	25 mins	Orange
Mixed Short			
Leg 1	No M21A -35A, No E classes	30 mins	Orange
Leg 2	No M16+, No W16+	15 mins	White
Leg 3	No M18A -50A, No W18A-40A, No E classes	20 mins	Yellow

## Age Restrictions

Competitors aged 20, or younger, belong to each class up to the end of the calendar year in which they reach the given age. They are entitled to compete in older classes up to and including 21. Competitors aged 21, or older, belong to each class from the beginning of the calendar year in which they reach the given age. They are entitled to compete in younger classes down to and including 21.

## Entry Fees

EASTER	Warm-Up	Classic	Short	Park	Relay	All 5 Events
Senior	\$10	\$28	\$20	\$10	\$15	\$75
Junior	\$5	\$14	\$10	\$5	\$8	\$38
Super Senior	\$8	\$24	\$17	\$8	\$13	\$64
Family	\$25	\$70	\$50	\$25	\$38	\$188

ANZAC	Day 1	Day 2	Day 3	Day 4	All 4 Days
Senior	\$24	\$24	\$24	\$24	\$80
Junior	\$15	\$15	\$15	\$15	\$50
Super Senior	\$20	\$20	\$20	\$20	\$65
Family	\$63	\$63	\$63	\$63	\$210

- Family is up to two seniors living at the same address and any number of juniors that look to at least one of these seniors as a parent.
- Junior is anyone eligible to compete in M20 / W20 or younger.
- Super Senior is anyone eligible to compete in M65 / W65 or older.

## Start time requests

Please note that with block starting of classes, requests for separate start times to accommodate young children must accompany entries. No other changes to start times will be allowed.

## SportIdent

Please enter the No of your SportIdent Card on the entry form. If you don't own a card you may either purchase a card @\$50 or hire one @\$3/day (Maximum hire cost \$18).

## Australian Entries

We accept payments by cheque in Australian Dollars. Conversion 1NZ\$ = 0.90A\$

## Late Entry

Late entries and changes of class after closing date may be accepted at the discretion of the organisers.

## Closing date

Closing Date for entries: **postmarked no later than Friday 21 March 2003**