

# 2016 Canadian Champs – Club Relay Registration

- You must submit your team lists to Registration before Sunday July 31, 2pm.
- Runners may run only one leg
- Maps will be collected at the finish line.

Team name: \_\_\_\_\_

Total Points: \_\_\_\_\_

Club: \_\_\_\_\_

Class: \_\_\_\_\_

Leg		Name	SI stick #	M/F	Age	Points
1	2.5 km medium					
2	2.0 km easier					
3	3.0 km medium					
4	2.5 km medium					

## TEAM COMPOSITION

- You should make teams if possible from your club. Orienteers from far away should make teams from your region, or your country
- Each runner is assigned a score based on their gender and their age (on December 31st 2016).
- The four individual scores are added up to create a team score, which determines the team's class.

Age	Male	Female
Under 15	3	3
15-16	2	2
17-20	1	2
21-34	0	1
35-49	1	3
50-59	2	4
60-69	3	5
70 & over	5	6

## CLASSES

- Open Classes
  - 0-3 points, 4-7 points, 8-11 points, 12+ point
  - Award to top team in each category
- Club Championship
  - All teams are eligible (regardless of their 'total points'), so long as they meet the following requirements:
    - All team members from the same club
    - At least two females
    - Woman to run Leg 1 and Leg 4
  - Awards to top three club teams overall, regardless of their team's "score".

## KIDS' RACE

This relay is not suitable for children 12 years old and under. For these young stars we will hold a mass-start race before the Sprint Relay. There will be two courses based on the regular age groups. The courses will be in the vicinity of the arena and will allow for lots of cheering.

## NON-RELAY OPTION

For adults who really, absolutely, positively, definitely don't want to take part in the relay (which would be a tragic decision) we will have a number of extra Leg 1 maps prepared. You will be part of the mass start spectacle!