

**The Handicap = the number of controls  
that you may MISS within the 'box' of 16 controls**

You then return to the start area, punch the finish and pick up your sprint map

**A and E Classes**

Men			Women		
class	Handicap	Sprint	class	Handicap	Sprint
M21E	0	Long	W21E	2	Long
M35A	2	Long	W35A	4	Long
M45A	4	Long	W45A	6	Long
M55A	6	Long	W55A	8	Short
M65A	8	Short	W65A	10	Short
M75A	10	Short	W75A	11	Short
M80A	11	Short	W80A	12	Short
M20A	2	Long	W20A	4	Long
M16A	4	Long	W16A	6	Long
M14A	8	Short	W14A	9	Short
M12A	11	Short	W12A	11	Short
M10A	11	Short	W10A	11	Short

**B Classes**

Men			Women		
class	Handicap	Sprint	class	Handicap	Sprint
M21B	4	Long	W21B	6	Long
M20B	6	Long	W20B	9	Long
M16B	8	Short	W16B	9	Short
M14B	11	Short	W14B	11	Short
M12B	11	Short	W12B	11	Short

**Recreational Classes**

class	Handicap	Sprint
TR5	6	Long
TR4	10	Short
TR3	6	Short
TR2	9	Short
TR1	11	Short
Adventure Runner	5	Long



