

## East Anglian League

All EAL events should offer the following range of courses: Brown, Blue, Green, Short Green, Light Green, Orange, Yellow and usually White. Sometimes more courses may be on offer. Anyone can enter any course they wish but the age class to course protocol for scoring points in the EAL is as shown below:

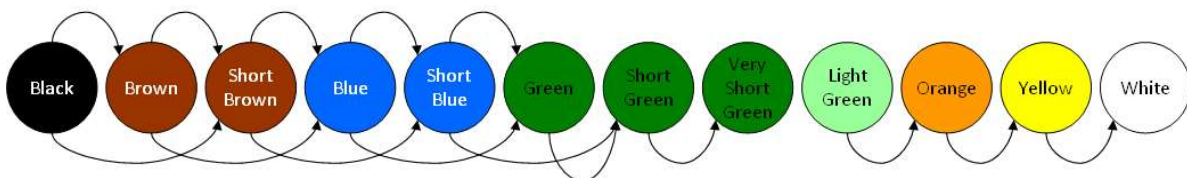
MEN	Designated course		WOMEN	Designated course	
Age Class	If offered	Otherwise	Age Class	If offered	Otherwise
M10	Yellow	Yellow	W10	Yellow	Yellow
M12	Orange	Orange	W12	Orange	Orange
M14	Light Green	Light Green	W14	Light Green	Light Green
M16	Blue	Blue	W16	Green	Green
M18	Short Brown	Blue	W18	Short Blue	Green
M20	Short Brown	Blue	W20	Short Blue	Green
M21	Black	Brown	W21	Short Brown	Blue
M35	Brown	Brown	W35	Blue	Blue
M40	Brown	Brown	W40	Blue	Blue
M45	Short Brown	Blue	W45	Short Blue	Green
M50	Short Brown	Blue	W50	Short Blue	Green
M55	Blue	Blue	W55	Green	Green
M60	Blue	Blue	W60	Green	Green
M65	Short Blue	Green	W65	Short Green	Short Green
M70	Green	Green	W70	Short Green	Short Green
M75	Short Green	Short Green	W75	Very Short Green	Short Green
M80	Very Short Green	Short Green	W80	Very Short Green	Short Green
M85	Very Short Green	Short Green	W85	Very Short Green	Short Green

### Individual points

Members of East Anglian clubs will automatically score points whenever they run a scoring course at an EAL event. A scoring course includes:

- the **correct designated course** shown in the table above.
- **running up**; i.e. running any longer course of equal or higher technical difficulty.
- **running down** on one of the 50- or 75- point alternatives to the designated course as shown in the figure below:

Running down "half a course" - shown by arrows above circles - maximum score 75



Running down a full course - shown by arrows below circles - maximum score 50

No points are awarded for running down on courses shorter or easier than the alternatives shown explicitly by arrows.

If you run in the **correct designated course** for your age class points will be calculated as follows:

$$\text{points} = \frac{\text{your time}}{\text{fastest time for your age class}} \times 100$$

If you **run up** you will be competing with the fastest eligible EAOA member (i.e. not including those who are running down) on that course. For example, if you are an M65 who chooses to run Blue at an event where no Short Brown is available, your time will be compared to that of the fastest East Anglian M45+, M16-20, or any W class whichever is the fastest. Points will be awarded as follows:

$$\text{points} = \frac{\text{your time}}{\text{fastest time of any eligible EAOA orienteer}} \times 100$$

If you **run down** the maximum points available will be 75 or 50 depending on which courses are offered. On a 50-point course as shown by figure 1, then the calculation will be:

$$\text{points} = \frac{\text{your time}}{\text{fastest time for your age class}} \times 50$$

On a 75-point course, the calculation is:

$$\text{points} = \frac{\text{your time}}{\text{fastest time for your age class}} \times 75$$

At events where entry is by age class rather than course, such as **Urban, Sprint or Middle distance** events competitors need to run in their correct age class in order to score. There is no score for running down as courses are sometimes shorter than usual anyway.

At the end of the year, your total score is determined by adding up your **four highest scores**. In order to win your age class, you must have attended a minimum of 3 events over the year (this may be reduced if there are fewer than 7 events).

### **Officials' points**

The Controller, Planner and any non-competing Organiser, SI manager or Lead Mapper at each EAL event will be awarded a score equal to their highest score they achieved at any other EAL event during that year.

### **Champion Club Competition**

At the end of the year each club will gain points as follows:

$$\text{Club points} = \frac{\text{total points of all club members}}{\text{number of members}}$$

The number of members used is the number of members submitted for BOF capitation purposes for the previous year.