YHOA Night League

Age categories

There are 10 age group categories in the Yorkshire and Humberside Orienteering Association (YHOA) Night League:

- Junior Men (M10/12/14/16)
- Junior Women (W10/12/14/16)
- Senior Men (M18/20/21/35)
- Senior Women (W18/20/21/35)
- Veteran Men (M40/45/50)
- Veteran Women (W40/45/50)
- Super Veteran Men (M55/60)
- Super Veteran Women (W55/W60)
- Ultra Veteran Men (M65+)
- Ultra Veteran Women (W65+)

Courses

There are four courses:

Course	Technical difficulty	Colour coded comparison
Long	TD5	Green
Medium	TD4	Light Green
Short	TD3	Orange
Very Short	TD2	Yellow

The Long course will be planned to have a winning time of about 35 minutes. The other three courses will be planned to be approximately the following distance ratios compared with the Long course:-

- Medium course   0.7
- Short course   0.4
- Very Short course   0.25

Scoring

To score points in the YHOA Night League you must be a member of a YHOA club or CLOK.

The Long course is only open to Senior and Veteran Men and Women. By agreement in advance with the YHOA Night League Co-ordinator, competitors from other age classes with sufficient experience may run up and be classed as a competitor in one of these four classes for the whole Night League series.

Any competitor may enter the Medium, Short or Very Short courses.

League points will be allocated on the basis of your position on your course <u>in your age category</u>, as follows:

- Long course   First scores 100 points, second scores 99 points, third scores 98 points, etc.

- Medium course   First scores 90 points, second scores 89 points, third scores 88 points, etc.

- Short course   First scores 80 points, second scores 79 points, third scores 78 points, etc.

- Very Short course   First scores 70 points, second scores 69 points, third scores 68 points, etc.

There are special rules for Organisers, Planners and Controllers.

If all seven events go ahead, your best 4 results will count.

In the event of a tie, the winner will be the person with the most 1st places on countback then 2nd places, 3rd places etc. Then the person who won the last race where the two competitors were head to head and if all this has failed to define a winner the person who scored the highest at the most recent event.