

## ORIENTEERING MEET COURSE GUIDE

Course Name	Distance	Difficulty	# Controls be found	Typical winning times (minutes)	Typical time to complete(m inutes)	USOF A-meet competition classes
White (beginner)	2 - 3 km	easy	4-12	25-30	30-45	F-10 F-12 M-10 M-12 M/F-WHITE Grp-WHITE
Yellow (advanced beginner)	3 - 5 km	easy to medium	5-12	35-40	60-75	F-14 M-14 F-YELLOW M-YELLOW Grp-YELLOW
Orange (intermediate)	4 - 7 km	medium	8-12	50-55	60-90	F-16 M-16 F-ORANGE M-ORANGE Grp-ORANGE
Brown (advanced short)	3 - 5 km	hard	8-12	45-50	60-90	F-18 F55+ F60+ F65+ F70+ M65+ M70+ F-BROWN M-BROWN
Green (advanced medium)	4 - 7 km	hard	8-12	50-55	60-90	F-20 F35+ F40+ F45+ F50+ M-18 M50+ M55+ M60+ F-GREEN M-GREEN
Red (advanced long)	6 - 10km	hard	8-15	60-65	80-120	F21+ M-20 M35+ M40+ M45+ M-RED
Blue (advanced very long)	8 - 14km	hard	10-18	75-80	80-120	M21+