

Solent Summer Series League Rules

The 2015 Solent Summer Series consists of nine events. Each event has Yellow, Orange and Light Green courses. We will run two competitive leagues for individuals, the Open League on the Light Green courses and the Junior League on the Orange and Yellow courses. The Junior League is for competitors in age classes M/W16 and below.

The results will be adjusted by the age class adjustment factors listed below. For the Open League the first placed runner will receive 60 points, the second place 59, and so on down to 1 point for the 60th placed runner. For the Junior League the points for first place on the Orange course will be 40, on the Yellow course it will be 30.

A runner's best four scores for the nine events will count towards their league position.

Age class adjustment factors:

Actual Age	Male Age Class	Adjustment Factor	Female Age Class	Adjustment Factor
10 and under	M10	50%	W10	50%
11-12	M12	60%	W12	55%
13-14	M14	70%	W14	60%
15-16	M16	85%	W16	70%
17-18	M18	90%	W18	71%
19-20	M20	95%	W20	73%
21-34	M21	100%	W21	80%
35-39	M35	95%	W35	76%
40-44	M40	90%	W40	71%
45-49	M45	85%	W45	68%
50-54	M50	80%	W50	65%
55-59	M55	75%	W55	60%
60-64	M60	70%	W60	56%
65-69	M65	65%	W65	52%
70-74	M70	60%	W70	47%
75-79	M75	55%	W75	45%
80-84	M80	50%	W80	43%
85-89	M85	45%	W85	41%
90 and over	M90+	43%	W90	39%