

# LINCOLNSHIRE POACHER : 5 COURSE FORMAT

For those not familiar:

5 Courses

1.0km (6 controls)

1.5km (9 controls)

2.0km (12 controls)

2.5km (15 controls)

3.0km (18 controls)

POACHER SHORT Competitors to complete 1.0km course plus 1.5km course

POACHER MEDIUM Competitors to complete a minimum of 4.0km (any combination)

POACHER LONG Female and Male over 60 years Competitors to complete a minimum of 5.5km (any combination)

POACHER LONG Male under 60 Competitors to complete a minimum of 7.0km (any combination)

For all Competitors the average minutes per km are calculated and classified according to their appropriate Course.

When Competitors miss punch they can still gain points and be classified if they still continue and complete their minimum length by running additional courses. Any abuse of this could result in disqualification.