

Junior Inter-Area Competition Guidelines

1. the competition will be held over 2 days of a weekend and comprise a Relay and an Individual (in conjunction with a level C or B Regional event, with every effort made to make it in conjunction with a SOL).
2. The competition will be held between the 3 Areas: East, North and West.
3. Team members must be members of Scottish Open clubs and have a maximum BOF age class of M/W18. There is no lower age limit, but Juniors must be competent at and comfortable with running the Yellow course (TD2). Scottish students at Scottish Universities will be deemed to represent the area of their home club, not the area that their University is in. English students studying at Scottish Universities are not eligible to take part in the competition.
4. The Relay Competition: There will be two classes; Open and Girls. Girls may take part in the Open Class. Each team will comprise 3 runners with a maximum combined BOF age class of 48. The first leg will be a gaffled Orange course, the 2nd leg will be a non-gaffled Yellow course, and the 3rd leg will be a gaffled Light Green course. The top two teams for each Area in each class will count - counting teams do not have to be pre-nominated by the team managers. Every junior should run their appropriate course; juniors can run down, but managers should try to avoid running juniors up. Managers should attempt to field as many standard teams as possible (eg Orange, Yellow, Light Green), but Juniors who are not part of a counting team can be arranged into ad hoc teams with non-standard colour combinations, and mixed between areas, if necessary, in order to give all juniors a relay run that they can manage. However, any non-standard team combinations must be notified to the Organiser at least a week ahead in order to enable him/her to make arrangements.

Scoring: 1st team in each class scores 24 points, the 2nd team scores 20, then 16, 12, 8, 4.

5. The Individual Competition: This takes place at the level B or C event and includes the following classes:

M10, W10 or Yellow Boys, Yellow Girls

M12, W12 or Orange Boys, Orange girls

M14, W14 or Light Green Boys, Light Green Girls

M16, W16 or Blue Boys, Green Girls

M18, W18 or Brown Boys, Blue Girls

There will be two to count from each area in each class from MW10 to MW16, where the scoring will be 6 points for 1st, 5 for second, then 4,3,2,1. There will be 1 to count from each class in MW18 where the scoring will be 3 points for first, then 2, then 1.

6. The overall scores are given by summing the scores for the Relay and Individual competitions.

Updated 6th July 2015