

Guide to Age Classes and Course Levels for different Age Classes

Age Classes

When entering orienteering events the year of your birth is used to decide which age class you're in and competitors are sorted into male and female. The age class will be prefixed with 'M' for men and 'W' for women.

For juniors the age classes go up in two year sections up to the age of 21 and for adults they increase after the age of 35 in five year sections as shown in the table below:-

Your Age in current year	Orienteering Age Class
Junior Age Classes (M/W)	
10 and Under	M/W10
12 and Under	M/W12
14 and Under	M/W14
16 and Under	M/W16
18 and Under	M/W18
20 and Under	M/W20
Adult Age Classes (M/W)	
Any Age	M/W21
35 and Over	M/W35
40 and Over	M/W40
45 and Over	M/W45
50 and Over	M/W50
55 and Over	M/W55
60 and Over	M/W60
65 and Over	M/W65
70 and Over	M/W70
75 and Over	M/W75
80 and Over	M/W80
85 and Over	M/W85
etc	

Examples

Someone who is 13 in January has the same age class as another person who is 14 in December (M/W14).

Someone who is 35 in January has the same age class as another person who is 39 in December ((M/W35)

Courses run by different Age Classes

Course	Male age class	Female age class
Black	M21	
Brown	M20, M35, M40	W21
Short Brown	M18, M21S, M45, M50	W20, W35
Blue	M16, M20S, M35S, M40S, M55, M60	W18, W21S, W40, W45
Short Blue	M18S, M45S, M50S, M55S, M65, M70	W16, W20S, W35S, W50, W55
Green	M16S, M75, M60S	W16S, W18S, W40S, W45S, W60, W65
Short Green	M65S, M80	W50S, W55S, W70
Very Short Green	M70S, M75S, M85, M90	W60S, W65S, W70S, W75, W80, W85, W90
Light Green	M14, M16B	W14, W16B
Long Orange	M21N	
Orange	M12, M14B	W12, W14B, W21N
Yellow	M10, M12B	W10, W12B
White	M10B	W10B