

# John O' Goats 2020 – Age Classes

There are four courses: **LONG**, **MEDIUM**, **SHORT** & **VERY SHORT**.  
Winning times will be around 45-60 mins.

Use this chart to find your appropriate course and how many controls you are allowed to miss out. Note: your age is your 2020 BOF age category, i.e. how old you will be by the end of 2020.

On each course the first control is compulsory and must be visited first.

| MALE            | AGE | FEMALE          |
|-----------------|-----|-----------------|
| Short – Miss 5  | 11  | Short – Miss 7  |
| Short – Miss 5  | 12  | Short – Miss 7  |
| Medium – Miss 7 | 13  | Short – Miss 5  |
| Medium – Miss 7 | 14  | Short – Miss 5  |
| Medium – Miss 3 | 15  | Short – Miss 3  |
| Medium – Miss 3 | 16  | Short – Miss 3  |
| Long – Miss 7   | 17  | Medium – Miss 5 |
| Long – Miss 7   | 18  | Medium – Miss 5 |
| Long – Miss 5   | 19  | Medium – Miss 3 |
| Long – Miss 5   | 20  | Medium – Miss 3 |
| Long – Miss 3   | 21  | Long – Miss 7   |
| Long – Miss 3   | 22  | Long – Miss 7   |
| Long – Miss 3   | 23  | Long – Miss 7   |
| Long – Miss 3   | 24  | Long – Miss 7   |
| Long – Miss 3   | 25  | Long – Miss 7   |
| Long – Miss 3   | 26  | Long – Miss 7   |
| Long – Miss 3   | 27  | Long – Miss 7   |
| Long – Miss 3   | 28  | Long – Miss 7   |
| Long – Miss 3   | 29  | Long – Miss 7   |
| Long – Miss 3   | 30  | Long – Miss 7   |
| Long – Miss 3   | 31  | Long – Miss 7   |
| Long – Miss 3   | 32  | Long – Miss 7   |

|                 |    |                 |
|-----------------|----|-----------------|
| Long – Miss 3   | 33 | Long – Miss 7   |
| Long – Miss 3   | 34 | Long – Miss 7   |
| Long – Miss 3   | 35 | Long – Miss 7   |
| Long – Miss 3   | 36 | Long – Miss 7   |
| Long – Miss 3   | 37 | Long – Miss 7   |
| Long – Miss 3   | 38 | Long – Miss 7   |
| Long – Miss 3   | 39 | Long – Miss 7   |
| Long – Miss 5   | 40 | Medium – Miss 3 |
| Long – Miss 5   | 41 | Medium – Miss 3 |
| Long – Miss 5   | 42 | Medium – Miss 3 |
| Long – Miss 5   | 43 | Medium – Miss 3 |
| Long – Miss 5   | 44 | Medium – Miss 3 |
| Long – Miss 5   | 45 | Medium – Miss 5 |
| Long – Miss 5   | 46 | Medium – Miss 5 |
| Long – Miss 5   | 47 | Medium – Miss 5 |
| Long – Miss 5   | 48 | Medium – Miss 5 |
| Long – Miss 5   | 49 | Medium – Miss 5 |
| Long – Miss 7   | 50 | Medium – Miss 7 |
| Long – Miss 7   | 51 | Medium – Miss 7 |
| Long – Miss 7   | 52 | Medium – Miss 7 |
| Long – Miss 7   | 53 | Medium – Miss 7 |
| Long – Miss 7   | 54 | Medium – Miss 7 |
| Medium – Miss 3 | 55 | Short – Miss 3  |
| Medium – Miss 3 | 56 | Short – Miss 3  |
| Medium – Miss 3 | 57 | Short – Miss 3  |
| Medium – Miss 3 | 58 | Short – Miss 3  |
| Medium – Miss 3 | 59 | Short – Miss 3  |
| Medium – Miss 5 | 60 | Short – Miss 5  |
| Medium – Miss 5 | 61 | Short – Miss 5  |

|                     |     |                     |
|---------------------|-----|---------------------|
| Medium – Miss 5     | 62  | Short – Miss 5      |
| Medium – Miss 5     | 63  | Short – Miss 5      |
| Medium – Miss 5     | 64  | Short – Miss 5      |
| Medium – Miss 7     | 65  | Short – Miss 7      |
| Medium – Miss 7     | 66  | Short – Miss 7      |
| Medium – Miss 7     | 67  | Short – Miss 7      |
| Medium – Miss 7     | 68  | Short – Miss 7      |
| Medium – Miss 7     | 69  | Short – Miss 7      |
| Short – Miss 3      | 70  | Very Short – Miss 3 |
| Short – Miss 3      | 71  | Very Short – Miss 3 |
| Short – Miss 3      | 72  | Very Short – Miss 3 |
| Short – Miss 3      | 73  | Very Short – Miss 3 |
| Short – Miss 3      | 74  | Very Short – Miss 3 |
| Short – Miss 7      | 75  | Very Short – Miss 5 |
| Short – Miss 7      | 76  | Very Short – Miss 5 |
| Short – Miss 7      | 77  | Very Short – Miss 5 |
| Short – Miss 7      | 78  | Very Short – Miss 5 |
| Short – Miss 7      | 79  | Very Short – Miss 5 |
| Very Short – Miss 3 | 80  | Very Short – Miss 7 |
| Very Short – Miss 3 | 81  | Very Short – Miss 7 |
| Very Short – Miss 3 | 82  | Very Short – Miss 7 |
| Very Short – Miss 3 | 83  | Very Short – Miss 7 |
| Very Short – Miss 3 | 84  | Very Short – Miss 7 |
| Very Short – Miss 5 | 85  | Very Short – Miss 7 |
| Very Short – Miss 5 | 86  | Very Short – Miss 7 |
| Very Short – Miss 5 | 87  | Very Short – Miss 7 |
| Very Short – Miss 5 | 88  | Very Short – Miss 7 |
| Very Short – Miss 5 | 89  | Very Short – Miss 7 |
| Very Short – Miss 7 | 90+ | Very Short – Miss 7 |