

SE League

The South-East League is an annual competition between the member clubs of the SEOA. It runs over each autumn/winter/spring season. The league is based on events approved by SEOA - each event should have the following courses

Course	Men	Women
Black	M21	
Brown	M35 M40	
Short Brown	M18 M20 M45 M50	W21
Blue	M16 M55 M60	W35 W40
Short Blue	M65	W18 W20 W45 W50
Green	M70	W16 W55 W60
Short Green	M75 M80	W65 W70 W75 W80
Light Green	M14	W14
Orange	M12	W12
Yellow	M10	W10
White		

Individual orienteers score points for their runs. There are separate target speeds for each age class as shown in the table below. These are set with the intention that a top standard competitor having a good run on an average SE area should score 100 points. Slower runs score proportionately less points, until a run at half the target speed scores the minimum 1 point. Competitors can run any course they want but those that run "down" from the course recommended for their age class will only score a proportion of the points available had they run the recommended course or a higher one. This proportion is as follows;

Running down 1 course 75%, 2 courses 50%, 3 courses 25%, 4 or more courses 1 point only

Target times and scoring: Below are the mins/km target rates for each age group.

Age group	mins/km	Age group	mins/km	Age group	mins/km	Age group	mins/km
M 10	8	M 40	6 ³ / ₄	W 10	8 ¹ / ₂	W 40	8 ³ / ₄
M 12	7 ³ / ₄	M 45	7 ¹ / ₄	W 12	8 ³ / ₄	W 45	9 ¹ / ₄
M 14	7 ¹ / ₂	M 50	7 ¹ / ₂	W 14	8 ³ / ₄	W 50	9 ³ / ₄
M 16	7	M 55	8	W 16	8 ¹ / ₂	W 55	10 ¹ / ₂
M 18	6 ³ / ₄	M 60	8 ³ / ₄	W 18	8 ¹ / ₄	W 60	11 ³ / ₄
M 20	6 ¹ / ₂	M 65	9 ¹ / ₂	W 20	8	W 65	12 ³ / ₄
M 21	6	M 70	10 ¹ / ₂	W 21	7 ¹ / ₂	W 70	14
M 35	6 ¹ / ₂	M 75	11 ¹ / ₂	W 35	8 ¹ / ₄	W 75	15 ¹ / ₄
		M 80	13			W 80	17

Anyone completing any course at any South-East League event scores at least one point. Runs on the string course and any novice courses score one point, non-running helpers are awarded points based on their average score from the previous season.

The scores for each competitor from a given club are then added together to give a score for each club. The clubs are ranked by score and SE League points are awarded. From the 2010/11 season the league has been split into 2 divisions with approximately half of the clubs in each. (First Division: SO, HH, SLOW, MV, SAX, BAOC & SN Second Division: GO, DFOK, CHIG, HAVOC, LOK, MDDXO, RAFO & IOC/ULOC based on the positions at the end of the last season.) Within each division the top club scores 7 points then 6, 5, 4, 3, 2, 1 for the following clubs. At the end of the season the club with most points in each division is the winner with the SE League Trophy awarded in the First Division and the CROC Trophy in the Second Division. Each season the bottom two clubs in the First Division will be relegated and the top two clubs in the Second Division will be promoted.

Scoring Algorithm (if you want to calculate your own score)

Multiply the distance of your course by the target rate above to give your target time. For each 1% more than this target time you take you lose 1 point (down to a minimum of 1 point) from the 100 points that you would get for achieving this target time. Similarly for each 1% faster you go you gain 1 point.