

JON DUNCAN JUNIOR DEESIDE CUP 2016

Counting Events:

1	10-Jan	MAROC	Glen O'Dee
2	14-Feb	GRAMP	Tyrebagger
3	20-Mar	MAROC	Inchmarnoch
4	24-Apr	GRAMP	Crathes
5	21-May	MAROC	SOC - Balmoral
6	26-Jun	MAROC	Glen Fearder
7	21-Aug	GRAMP	Glen Dye
8	04-Sep	MAROC	Carlogie
9	23-Oct	GRAMP	Scolty
10	06-Nov	MAROC	Birsemore

PRIZE GIVING: At GRAMP and MAROC Club AGMs

Rules:

The (JD) ² C competition will be run over 10 events (9 level C plus the Scottish Championships) with the best 5 scores counting for each runner.
There will be 5 classes for girls and boys, using the 'standard' age classes, i.e. M8, M10, M12, M14, M16, W8, W10, W12, W14, W16
Within each event, the Gramp/Maroc Junior who is highest placed for each course scores the maximum course points:

White 200	Orange 400	Green 600	Brown 800
Yellow 300	Light Green 500	Blue 700	

Points for subsequent runners are calculated using this formula:
score = [(winner's time)/(runner's time)]*(maximum course points)
Every effort will be made to provide a White course at each event. However, if this is not possible, the JDC organisers will review how many events will qualify for the M8 and W8 classes.
If you are being shadowed or running in a pair, please declare this when you register. You will score half points for your run.
The competition aims to provide competition in each age class. Juniors may choose the course appropriate to their ability. More difficult courses earn higher points.