

JON DUNCAN JUNIOR DEESIDE CUP 2012

Counting Events:

1	Feb-26	GRAMP C4	Bogendreip
2	Mar-11	MAROC C4	Alt Cailleach
3	Mar-25	GRAMP C4	Tyrebagger
4	Apr-29	MAROC C4	Balnagowan
5	May-27	GRAMP C4	Glen Dye
6	Jun-24	MAROC C4	Sluie + BBQ
7	Aug-19	GRAMP C4	Crathes
8	Sep-16	MAROC C4	Feughside
9	Nov-04	MAROC C4	Cambus O' May
10	Nov-11	GRAMP C4	Bennachie

PRIZE GIVING: Probably at the Club AGMs

Rules:

- o The (JD)²C competition will be run over 10 x Level C (=district) events with the best 5 scores counting for each runner. We currently have 10 Level C events for 2012
- o There will be 6 classes for girls and boys, using the 'standard' age classes, i.e.M8, M10, M12, M14, M16, W8, W10, W12, W14, W16
- o Within each event, the Gramp/Maroc Junior who is highest placed for each course scores the maximum course points:

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

- o Points for subsequent runners are calculated using this formula:

$$\text{score} = [(\text{winner's time})/(\text{runner's time})]^*(\text{maximum course points})$$
- o 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.
- o If you are being shadowed or running in a pair, please declare this when you register. You will score half points for your run.
- o The competition aims to find the best Gramp / Maroc junior in each age class. Juniors may choose the course appropriate to their ability.