

## NOL Sport Class Entry Guide: Round 1, Oceania Championship

Following the success of the sport class trial during the 2022 season, the sport class will return in 2023 for both juniors and seniors in all the forest races. A detailed document explaining the sport class can be found on the OA website [here](#).

The following guide is for those who wish to run sport class at Round 1 of the NOL in 2023, which will be held at the Oceania Championships. Note that the sport class will not be used in any Sprint races in 2023, and therefore will not feature in the Oceania Sprint Championships.

### Junior Category:

Oceania Championship races have the following categories which are relevant the junior NOL category:

- M/W20A (what would be known as “E” in other NOL rounds)
- M/W18A
- M/W20AS

In general, the 18’s class will not be part of 2023 NOL season, and instead there will be 20E and 20Sport. However due to Oceania Championships rule requirements for the above categories, the 18’s category has been included in this round.

### Middle distance

In the Oceania Middle distance both the 18A and 20A class for men and women run the same course and will be the “elite” class for NOL. 20AS provides a shorter option for all athletes U20 and therefore will be the sport class. For entries:

- Junior Elite: Enter either 20A or 18A (depending on age)
- Junior Sport: Enter 20AS

### Long distance

In the Oceania Long distance 20As run on their own course and will be the “elite” class for NOL. 18As and 20AS run the same course and will be “sport” class for NOL. Those under 18 who wish to be included in junior elite NOL scores should enter 20A for this race.

For entries:

- Junior Elite: Enter 20A
- Junior Sport: Enter 18A or 20AS (depending on age)

### Senior Category:

Oceania Championship races have the following categories which are relevant the senior NOL category; M/W21E and M/W21A.

For both the middle and long distance races, 21E will be the “elite” class for NOL and 21A will be the “sport” class for NOL. For entries:

- Senior Elite: Enter 21E
- Senior Sport: Enter 21A