

## EXPLANATION OF TERMS

**POINTS:** Everyone earns one point just for successfully running the course at least once. You earn 10 points for a first place in your category. 9 points for second place. 8 points for third place. The scale is adjusted depending on how many are in a class.

**BONUS POINTS:** You get 3 bonus points every time you improve on your own best previous result, that is when you improve your best previous handicap.

**CATEGORIES:** There are 7 categories for men, and 7 for women. The result of your first race determines which category you will be in. After that, when you improve to the point that your result lands in a higher category, you will be moved up into the higher category for the following race. But it takes 2 below par results before you would be moved back down into a lower category.

**UP-STRIKE:** A letter "U" next to your name indicates that you have exceeded the results typical for your own category. Receiving even a single up-strike means you will be moved up to the next category.

**DOWN-STRIKE:** A letter "D" next to your name indicates a down-strike. Your result fell short of what is typical for your category. If you receive 2 down-strikes (in 2 consecutive races), you will be moved to a lower category for the following race.

**HANDICAP:** This number shows how you compare to the fastest theoretically possible time (the time a top World Cup racer would get) on any particular race course. If your handicap for a race is 10, then your time is 10 percent slower than the theoretical fastest possible time. Pace-setters with known handicaps are used to determine the theoretically fastest possible time.

**DNS:** "Did Not Start" - if you do not start in a race. No points are earned.

**DNF:** "Did Not Finish" - like if you fall and do not go through all the gates. A single point is still earned if you record a DNF and no time on a second run.