

	COC Middle			Hopewell Rocks			Fishbones Stage I			COC Sprint			Fishbones Stage II			COC Long			Fishbones Stage III		
	Distance	Climb	Controls	Distance	Climb	Controls	Distance	Climb	Controls	Distance	Climb	Controls	Distance	Climb	Controls	Distance	Climb	Controls	Distance	Climb	Controls
M12	1.9	40	10	1.3	30	12	3.5	85	17	1.6	10	21	1.8	30	12	2.9	105	15	1.8	20	14
M14	1.8	45	10	1.3	30	12	3.2	85	15	1.6	10	21	1.9	40	14	2.4	75	9	2.2	30	12
M16	1.7	50	12	1.3	30	12	1.8	50	12	3.1	20	18	2.8	85	13	3.4	95	12	3.1	35	14
M20	4.3	165	21	2.5	65	18	5.4	140	24	4.1	25	24	5.8	175	23	8.1	180	19	6.9	95	24
M21	4.3	165	21	2.5	65	18	5.4	140	24	4.1	25	24	5.8	175	23	12.9	385	20	6.9	95	24
M35	3.4	90	19	2.5	65	18	5.4	140	24	4.1	25	24	5.8	175	23	8.2	180	19	6.9	95	24
M45	2.6	90	16	1.3	30	12	3.8	135	22	4.1	25	24	5.3	150	20	5.9	160	11	4.4	60	15
M55	2.6	90	16	1.3	30	12	3.8	135	22	2.9	15	22	5.3	150	20	5.9	160	11	4.4	60	15
M65	2.3	70	14	1.3	30	12	3.8	135	22	2.9	15	22	5.3	150	20	3.7	110	8	4.4	60	15
M75	1.6	40	12	1.3	30	12	1.8	50	12	2.4	10	17	2.8	85	13	3.3	80	7	3.1	35	14
M80	1.6	40	12	1.3	30	12	1.8	50	12	2.4	10	17	2.8	85	13	2.4	60	10	3.1	35	14
M85	1.6	40	12	1.3	30	12	1.8	50	12	2.4	10	17	2.8	85	13	2.4	60	10	3.1	35	14
W12	1.9	40	10	1.3	30	12	3.5	85	17	1.6	10	21	1.8	30	12	2.9	105	15	1.8	20	14
W14	1.8	45	10	1.3	30	12	3.2	85	15	1.6	10	21	1.9	40	14	2.4	75	9	2.2	30	12
W16	1.7	50	12	1.3	30	12	1.8	50	12	3.1	20	18	2.8	85	13	3.4	95	12	3.1	35	14
W20	3.4	90	19	2.5	65	18	5.4	120	24	3.1	20	18	5.8	175	23	5.3	120	11	6.9	95	24
W21	3.4	90	19	2.5	65	18	5.4	120	24	3.1	20	18	5.8	175	23	8.2	180	19	6.9	95	24
W35	2.9	75	16	2.5	65	18	5.4	120	24	3.1	20	18	5.8	175	23	5.3	120	11	6.9	95	24
W45	2.3	70	14	1.3	30	12	3.8	135	22	2.9	15	22	5.3	150	20	3.7	110	8	4.4	60	15
W55	2	45	12	1.3	30	12	3.8	135	22	2.4	10	17	5.3	150	20	3.3	80	7	4.4	60	15
W65	2	45	12	1.3	30	12	3.8	135	22	2.4	10	17	5.3	150	20	3.3	80	7	4.4	60	15
W75	1.6	40	12	1.3	30	12	1.8	50	12	2.4	10	17	2.8	85	13	2.4	60	10	3.1	35	14
W80	1.6	40	12	1.3	30	12	1.8	50	12	2.4	10	17	2.8	85	13	2.4	60	10	3.1	35	14
W85	1.6	40	12	1.3	30	12	1.8	50	12	2.4	10	17	2.8	85	13	2.4	60	10	3.1	35	14
Open Beginner	1.9	40	10	1.3	30	12	3.5	85	17	1.6	10	21	1.8	30	12	2.4	75	9	1.8	20	14
Open Intermediate	1.7	50	12	1.3	30	12	3.2	85	15	2.4	10	17	1.9	40	14	3.4	95	12	2.2	30	12
Open Advanced	2.3	70	14	2.5	65	18	1.8	50	12	2.9	15	22	2.8	85	13	3.7	110	8	3.1	35	14
Open Expert	2.6	90	16	2.5	65	18	3.8	85	17	3.1	20	18	5.3	150	20	5.9	160	11	4.4	60	15
Sport	2	65	12	1.3	30	12	2	60	14	n/a		18	n/a		14	n/a		20	n/a		25