

Set Speed Rides

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Introduction

Special thanks go to the many veterinarians and Lay Judges, those members of EUK and SERC, who answered countless questions about Set Speed Events, and both experienced and novice horsemen and woman, whose comments and advice have helped to shape and reshape this programme to its present form.

The purpose of this Program is:

1. To establish and maintain rules and standards for Set Speed Events across Canada.
2. To provide a unique training opportunity in a competitive setting appropriate to horse and rider/driver experience.
3. To encourage good horsemanship, and test the rider's/driver's ability to understand and demonstrate their horse's level of fitness.
4. To encourage, challenge, and reward the progressive development, and participation, of human and equine athletes of all ages, through Events, Program Awards and Recognition.
5. To inspire a goal of fitness, longevity and success at Local, Regional, National and International competition.

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About Set Speed Events

- Set Speed Rides are intended to provide a unique training opportunity in a competitive setting at a distance and speed appropriate to the horse and/or rider experience, and test the rider's ability to understand and demonstrate their horse's level of fitness.
- In a Set Speed Ride riders compete against a Standard of Performance, and the Trail, not each other.
- There are three levels or categories: Bronze, Silver, and Gold, each being distinguished by a minimum and maximum speed/time allowed to complete.
- Set Speed events use an endurance score card, however may use staggered start times if numbers dictate.
- Horses arriving at a veterinary check/hold, and at finish, have 20 minutes to recover to a heart rate parameter of 56 beats per minute.
- At the final check horses must be presented to the Veterinarian/Judge within 30 minutes after crossing finish line and the heart rate, taken AT 30 minutes will be scored.
- They MUST meet parameters and be judged 'fit to continue' (as defined) before results can be determined.

Levels and Eligibility

Horse/Rider combinations:

- Will always enter at the level of the least experienced member.
- Must be qualified for level or category entered.
- May enter or remain in any level for which they are qualified.
- Riders/Horses registered in the Distance Program may use Set Speed Events toward Level Recognition and Special Program Awards

Set Speed Events may be up to 50 miles/80 km in length, with no minimum distance.

Set Speed Event Awards

- Set Speed Rides will either be Graded or offer Placings. This will be decided by management.
- A 'Graded ride' uses a Standard of Performance Chart that considers the distance, the riders speed and the Final 30 min Pulse
- Based on the results riders will be scored into one of four possible grades and/or completion

- Since riders are competing against a 'Standard' of performance, and not each other, there will be multiple 1s, 2s,3s, and 4s as well as completions in a Graded ride.
- When Placings are offered, the French or Continental Formula is used, which considers the distance, the slowest set speed of the day, the riders speed, and the final 30 min pulse
- These equations mean that the score increases (good) with speed, but decreases the higher the pulse (not so good) so that a fit but faster horse places higher
- Rider's scores are compared to determine placings.

To Enter a Set Speed Ride

- Horse and Rider combinations will always enter at the level of the least experienced member.
- A Horse and Rider with 500 miles/800km or more, EACH, on record, may enter any level.
- Horse/Rider with 250 miles/400km, EACH, on record, may enter Bronze or Silver Level events
- Horses or Riders with less than 250 miles/400 km, EACH, may enter Bronze Level events.
 - It is the responsibility of entrants to provide correct information.
 - Mileage/master cards that verify distance/record may be available to riders on request.

It is the responsibility of entrants to provide correct information.

- Endurance scorecard is used.
- Parameters are a heart rate of 56 bpm with in 20 minutes.
- Parameters for a Set Speed Ride must be met within 20 minutes of arrival at vet checks and at finish.
- Within 1/2 hour of crossing finish line horses must be presented for vetting and final 30 min pulse.
- Over parameters, too fast/slow, late presentation, or nor judged 'fit to continue' = Elimination

Level	Speed (Holds are not included)
Bronze	4 to 7 mph (6.5 to 11 kph)
Silver	5 to 8 mph (8 to 13 kph)
Gold	5 to 10 mph (8 to 16 kph)

Notes for Ride Managers and Officials

Speed

Level	Speed (<i>Holds are not included</i>)
Bronze/Open	4 to 7 mph (6.5 to 11 kph)
Silver/Intermediate	5 to 8 mph (8 to 13 kph)
Gold/Advanced	5 to 10 mph (8 to 16 kph)

Events

Bronze/Open: Short distance up to 20 miles/ 32 km. no min distance.

Bronze/Open: Long distance 18 to 31 miles /30 to 50 km.

Silver/Intermediate: Short distance 8 to 31 miles/30 to 50 km.

Silver/Intermediate: Long distance 32 to less than 50 miles/50 km to less than 80km.

Gold/Advanced: Short distance 18 to 31 miles/30 to 50 km.

Gold/Advanced: Long distance 32 to 50 miles/50 to 80 km.

Scoring

- Each level has two slightly different charts that apply to different distances.
- Horses are graded using the chart that applies to the entered level and the distance within that level.
- In an event that offers 'placings' the French or Continental Formula is used. (rider's speedX2 minus slowest 'set' speed of the day divided by final pulse.)
- In both the score increases with the horse's speed (good) but as the pulse increase the score goes down (not so good).

Grading Ribbons, Grading Certificates, Charts and Formulas results for Placing are available for a nominal fee.

Judging

- Timers are asked to record Start and Finish times for each horse.
- 'Time in' for parameter check and 'out' of hold are to be noted.
- Use endurance scorecard.

- Parameters are 56bpm/20 min.
- Parameters must be met and recorded within 20 minutes of arrival at vet checks and finish.
- Riders have 1/2 hr from crossing finish line to present for final vetting.
- Final pulse is taken at 30 min of finish.
- Heart rate is taken for one full minute.

Cause for Elimination.....

Over parameters, to fast/slow, late presentation, or not judged 'fit to continue'. i.e. definition: "In the opinion of Veterinarians/Officials, horse may be able to travel another 15% of distance already ridden without due pain, stress or risk of irreversible damage", (ref. EUK/SERC)

At the Entry Desk

- Both horse and rider must qualify for level entered
- Entry will be made at the level of the least experienced member.

- It is the responsibility of entrants to provide correct information.
- A mileage/mileage card that verifies mileage /record may be available on request.
- Unqualified entries may lose Placing, Grading, and/or mileage credit.

- Horse/Riders with 500miles/800km or more, EACH, on record may enter any level or category.
- Horse/Riders with 250 miles/400km or more EACH, on record, may enter Bronze or Silver events.
- Horse and/or Rider with LESS than 250 miles/400km, may enter any Bronze Level event.

Awards and Recognition

First or Second Year Horse In Bronze Level Events

Best 4 Score cards. (miles/km break ties.)

First or Second Year Rider

In open or Novice or Junior Divisions.

Best 5 Placings/Grades. (vet scores - miles/km break ties)

Veteran Rider

55 yrs. and over, in any level

Four best Rides

Scoring: place/Grade plus completion and age bonus points. see chart pg..

(Age, then miles/km break ties.)

Senior Horse

Age 18 and over, with min. Bronze Level or 250 recorded miles

Best 3 scorecards, - (mileage and or time break ties)

Mentors Award

Most points while sponsoring:

- A Junior rider.
- OR an adult rider who has less than 160kms/100 miles in the level entered.
- In any discipline, level or combination.
- Ride results and Sponsors/Riders names etc. required.
- A mentor is over 21 and has 1000 km/620 miles or more on record.

Scoring: 50 points per ride (regardless of distance) plus Placings/Grade if offered.

Award of Excellence

For Grade I (Perfect Score), Performance in following categories of Set Speed Events.

Bronze 100 miles 200 miles 350 miles 500 miles/800km

Silver 150 miles 300 miles 500miles/800km

Gold 250mi 500 mlesi/800km

Platinum

Gold Level Horses and Riders only

For Gold level horses 7 years old and over, and Gold level Riders

Each has a min of 1000 km/620 Gold level lifetime miles on record.

A 100% completion rate in the current year

Both horses and riders may have competed locally and/or at national or International events

‘May’ be awarded annually, this is a prestigious award and may be given to more than one worthy recipient.

Nominations and ride results required

Performance Horse of the Year

To be eligible:

1. competes in multiple disciplines.
2. scorecards have 90% A or Grade I throughout season.
3. is at least 6 yrs old.
4. may compete in any level or combination thereof.
5. To be considered copy of scorecards submitted/postmarked no later than 10 days after last event of season.
6. Recipient will be selected from a published list of top candidates.

Calculations Chart for Senior Rider Award

	Age as of January 1	55	56 to 59	60 to 64	65+
Bronze	Placing				
	Completion Points	2	2	2	2
	Age Bonus Points	0	1	3	5
	Total				
Silver	Placing				
	Completion Points	6	6	6	6
	Age Bonus Points	0	1	3	5
	Total				
Gold	Placing				
	Completion Points	10	10	10	10
	Age Bonus Points	0	1	3	5
	Total				

Place Value

Placing	Points	Placin g	Points
1	5	11	2.5
2	4.75	12	2.25
3	4.5	13	2
4	4.25	14	1.75
5	4	15	1.5
6	3.75	16	1.25
7	3.5	17	1
8	3.25	18	.75
9	3	19	.5
10	2.75	20	.25

7.

Level Recognition

Bronze events are 50k/31 miles or less completed at 4 to 7 mph. (6.5-11km)

Recognition of Bronze Level achievement will be awarded after 325km/200 miles are completed in Bronze level events, fulfilling the performance criteria.

Silver events ridden at 5 to 8mph (8 -11 km,) are 18miles/30km to Less Than 50 miles/80km. Recognition of Silver Level achievement will be awarded when 400km/250 miles are successfully completed in Silver level events fulfilling performance criteria

Gold events ridden at 5 to 10mph (8-16km,) and may be any distance over 30km/18 miles. Recognition will be awarded after 500k/310 miles are successfully completed in Gold level events fulfilling performance criteria.

Horse and Riders may remain at any level for as long as desired or also compete for awards offered at any level,

when all or the required % of km/miles are in the chosen level.

Those who find themselves with less time to condition, have/or are recovering from injury, been away from competition, have a new horse, wish to sponsor a Jr or new rider, or simply wish to compete less vigorously for any reason may use this option.

Performance Criteria

For Level Recognition and Special Program Awards

Levels shall be completed in sequence.

No time penalties (where they apply)

Soundness/metabolic i.e.: 'Fit to Continue' defined as 'in the opinion of Vets/Officials, horse may be able to travel another 15% of distance already ridden, with out undue pain, stress, or risk of irreversible damage'.

(ref., End.UK, SERC)

Continental French (Performance) Formula

(Speed x 2 - Minimum speed of ride x 100) divided by Final Heart Pulse

The Minimum Speed is that of the event taking place. The Final Pulse is the first pulse taken at the final inspection (not the second in the case of a Ridgway Test). So the equation used means that the Performance Formula [score] increases with speed and decreases the higher the pulse. So a fast but fitter horse should score highly.

Result Form for Set Speed Events

Date(s)_____Event name_____Graded YN Placed YN

Level(s)___Bronze/Open YN Silver/Intermediate YN Gold/Advanced YN

Distance(s)_____&/or _____&/or _____&/or _____

Result sheet pg_____ of _____ Level _____

Category/distance entered_____

of entries_____ #started_____ #finished_____

Rider name_____

Address_____

DHRP Awards YN _____

Octra mileage... YN _____

Other_____

RiderMiles on Record_____

Horse name_____

DHRP Awards YN _____...

Octra mileage YN _____...

HorseMiles on Record_____

Grade I _____

Grade II _____

Gr, III _____

Gr_ IV _____

Completion_____

Placing_____ Completion_____ DNS_____ DNF_____ Eliminated_____

Grading Charts

Bronze Short, Speed Category 1--ie. 4-7 mph....[6.5 -11.3kph]
 Distance max. 20 miles/32k
 4 to 7mph [6.5/11.3k]

< = less than
> = greater than

SPEED	Kmh	< 6.5 kmh	6.5 -7.5	7.6 -7.8	7.9	8	8.1 - 8.4	8.5	8.6	8.7	8.8	8.9	9	9.1	9.2	9.3	9.4	9.5	9.6	9.7 - 11.3	11.3 kmh	
Pulse (bpm)	MILES	< 4.04	4.04-4.66	4.72-4.85	4.91	4.97	5.03-5.22	5.28	5.34	5.41	5.47	5.53	5.59	5.65	5.72	5.78	5.84	5.90	5.97	6.03 - 7.02	7.02 mph	
36	E	C	4	4	3	3	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	E
37	E	C	4	4	3	3	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	E
38	E	C	4	4	3	3	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	E
39	E	C	4	4	3	3	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	E
40	E	C	4	4	3	3	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	E
41	E	C	4	4	3	3	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	E
42	E	C	4	4	3	3	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	E
43	E	C	4	4	3	3	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	E
44	E	C	4	4	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	E
45	E	C	4	4	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	E
46	E	C	4	4	4	4	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	E
47	E	C	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	E
48	E	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	E
49	E	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	E
50	E	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	E
51	E	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	E
52	E	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	E
53	E	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	E
54	E	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	E
55	E	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	E
56	E	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	E
57	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E
58	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E
59	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E
60	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E
61	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E
62	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E
63	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E
64	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E
>64	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E

Penalty Chart :- BRONZE/SHORT - Ride Distance 32 km / 19.88 miles

Novice Speed Pulse Chart.
 BRONZE/LONG Revized..Distance...30 -50k...18 to 31 miles
 Speed 4 to 7mph

< = less than
> = greater than

SPEED	Kmh	< 6.5	6.5 - 7.9	8 - 8.5	8.6	8.7	8.8	8.9	9	9.1	9.2	9.3	9.4	9.5	9.6	9.7	9.8	9.9	10	10.1 - 11.2	11.2 kmh	
Pulse (bpm)	MILES	< 4.04	4.04-4.91	4.97-5.23	5.31	5.41	5.47	5.53	5.59	5.65	5.72	5.78	5.84	5.90	5.97	6.03	6.09	6.15	6.21	6.28 - 6.96	> 6.96 mph	
36	E	C	4	4	3	3	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	E
37	E	C	4	4	3	3	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	E
38	E	C	4	4	3	3	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	E
39	E	C	4	4	3	3	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	E
40	E	C	4	4	3	3	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	E
41	E	C	4	4	3	3	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	E
42	E	C	4	4	3	3	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	E
43	E	C	4	4	3	3	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	E
44	E	C	4	4	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	E
45	E	C	4	4	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	E
46	E	C	4	4	4	4	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	E
47	E	C	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	E
48	E	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	E
49	E	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	E
50	E	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	E
51	E	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	E
52	E	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	E
53	E	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	E
54	E	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	E
55	E	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	E
56	E	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	C	E
57	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E
58	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E
59	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E
60	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E
61	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E
62	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E
63	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E
64	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E
> 64	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E

Penalty Chart :- BRONZE LONG - Ride Distance 30 - 50km / 18.64 - 31.07 miles

I&A Short Speed Pulse Chart. Distance[30 to 50k] 18 to 31 miles
 Intermediate/Silver Level REVISED Dec 1/09
 SPEED Category 2...5 to 8mph [8/ 12.9kph]

SPEED	Km/h	< 8 km/h	8.0 - 9.0	9.1 - 9.7	9.8-10.2	10.3 - 11.2	11.3 - 11.5	11.6 - 11.8	11.9 - 12.1	12.2 - 12.4	12.5 - 12.7	12.8 - 12.9	13	> 13 km/h	
		MILES	< 4.97 miles	4.97-5.59	5.65-6.03	6.09-6.34	6.40-6.96	7.02-7.15	7.21-7.33	7.39-7.52	7.58-7.71	7.77-7.89	7.95-8.02	8.08	> 8.08 miles
Pulse bpm															
36	E	4	3	2	1	1	1	1	1	1	1	1	1	E	
37	E	4	3	2	1	1	1	1	1	1	1	1	1	E	
38	E	4	3	2	1	1	1	1	1	1	1	1	1	E	
39	E	4	3	2	1	1	1	1	1	1	1	1	1	E	
40	E	4	3	2	1	1	1	1	1	1	1	1	1	E	
41	E	4	3	2	2	2	2	2	2	2	2	2	1	E	
42	E	4	3	2	2	2	2	2	2	2	2	2	1	E	
43	E	4	3	3	2	2	2	2	2	2	2	2	1	E	
44	E	4	3	3	3	3	3	3	3	3	2	2	2	E	
45	E	4	3	3	3	3	3	3	3	3	3	3	2	E	
46	E	4	4	4	3	3	3	3	3	3	3	3	2	E	
47	E	C	4	4	4	4	4	4	4	4	3	3	2	E	
48	E	C	4	4	4	4	4	4	4	4	3	3	3	E	
49	E	C	C	C	C	4	4	4	4	4	4	4	4	3	E
50	E	C	C	C	C	4	4	4	4	4	4	4	4	3	E
51	E	C	C	C	C	C	C	C	C	C	4	4	3	E	
52	E	C	C	C	C	C	C	C	C	C	4	4	4	E	
53	E	C	C	C	C	C	C	C	C	C	C	C	4	E	
54	E	C	C	C	C	C	C	C	C	C	C	C	4	E	
55	E	C	C	C	C	C	C	C	C	C	C	C	4	E	
56	E	C	C	C	C	C	C	C	C	C	C	C	C	E	
57	E	E	E	E	E	E	E	E	E	E	E	E	E	E	
58	E	E	E	E	E	E	E	E	E	E	E	E	E	E	
59	E	E	E	E	E	E	E	E	E	E	E	E	E	E	
60	E	E	E	E	E	E	E	E	E	E	E	E	E	E	
61	E	E	E	E	E	E	E	E	E	E	E	E	E	E	
62	E	E	E	E	E	E	E	E	E	E	E	E	E	E	
63	E	E	E	E	E	E	E	E	E	E	E	E	E	E	
64	E	E	E	E	E	E	E	E	E	E	E	E	E	E	
> 64	E	E	E	E	E	E	E	E	E	E	E	E	E	E	

Penalty Chart : Intermediate/SILVER/SHORT - Ride Distance 30 - 50km / 18.64 - 31.07 miles

I&A Long Speed Pulse Chart. Revised Dec 1/09
 Advanced/SILVER/LONG Distance 32 to -50 miles [50-80k]
 Speed Category [3] 5 to 8mph [8-13kph]

SPEED	Km/h	< 8 km/h	8.0 - 9.0	9.1 - 9.7	9.8-10.2	10.3 - 11.2	11.3 - 11.5	11.6 - 11.8	11.9 - 12.1	12.2 - 12.4	12.5 - 12.7	12.8 - 12.9	13	> 13 km/h
		MILES	< 4.97 miles	4.97-5.59	5.65-6.03	6.09-6.34	6.40-6.96	7.02-7.15	7.21-7.33	7.39-7.52	7.58-7.71	7.77-7.89	7.95-8.02	8.08
Pulse bpm														
36	E	4	3	2	1	1	1	1	1	1	1	1	1	E
37	E	4	3	2	1	1	1	1	1	1	1	1	1	E
38	E	4	3	2	1	1	1	1	1	1	1	1	1	E
39	E	4	3	2	1	1	1	1	1	1	1	1	1	E
40	E	4	3	2	1	1	1	1	1	1	1	1	1	E
41	E	4	3	2	1	1	1	1	1	1	1	1	1	E
42	E	4	3	2	1	1	1	1	1	1	1	1	1	E
43	E	4	3	2	1	1	1	1	1	1	1	1	1	E
44	E	4	3	2	1	1	1	1	1	1	1	1	1	E
45	E	4	3	2	2	2	2	2	2	2	2	2	1	E
46	E	4	3	2	2	2	2	2	2	2	2	2	1	E
47	E	4	3	3	2	2	2	2	2	2	2	2	1	E
48	E	4	3	3	3	3	3	3	3	3	2	2	2	E
49	E	4	3	3	3	3	3	3	3	3	3	3	2	E
50	E	4	4	4	3	3	3	3	3	3	3	3	2	E
51	E	C	4	4	4	4	4	4	4	4	3	3	2	E
52	E	C	4	4	4	4	4	4	4	4	3	3	3	E
53	E	C	C	C	C	4	4	4	4	4	4	4	3	E
54	E	C	C	C	C	4	4	4	4	4	4	4	3	E
55	E	C	C	C	C	C	C	C	C	C	4	4	3	E
56	E	C	C	C	C	C	C	C	C	C	4	4	4	E
57	E	C	C	C	C	C	C	C	C	C	C	C	4	E
58	E	C	C	C	C	C	C	C	C	C	C	C	4	E
59	E	C	C	C	C	C	C	C	C	C	C	C	4	E
60	E	C	C	C	C	C	C	C	C	C	C	C	C	E
61	E	E	E	E	E	E	E	E	E	E	E	E	E	E
62	E	E	E	E	E	E	E	E	E	E	E	E	E	E
63	E	E	E	E	E	E	E	E	E	E	E	E	E	E
64	E	E	E	E	E	E	E	E	E	E	E	E	E	E
> 64	E	E	E	E	E	E	E	E	E	E	E	E	E	E

Penalty Chart : Intermediate/SILVER LONG - Ride Distance 50 - 80km / 31.07 - 49.71 miles

I&A Short Speed Pulse Chart, Distance(30 to 50k) 18 10 31 miles
 GOLD Level SHORT REVISED Dec 1/09
 speed Category 3.5 to 10 mph [8/ 16 kph]

SPEED	Km/h	< 8 kph	8.0 - 9.4	9.5 - 10.3	10.4 - 10.9	11 - 11.2	11.3 - 11.5	11.6 - 11.8	11.9 - 12.1	12.2 - 12.4	12.5 - 12.7	12.8 - 12.9	13 - 16	> 16 kph
	MILES	< 4.97 miles	4.97-5.84	5.90-6.40	6.46-6.77	6.84-6.96	7.02-7.15	7.21-7.33	7.39-7.52	7.58-7.71	7.77-7.89	7.95-8.02	8.08-9.94	> 9.94 miles
Pulse bpm														
36	E	4	3	2	1	1	1	1	1	1	1	1	1	E
37	E	4	3	2	1	1	1	1	1	1	1	1	1	E
38	E	4	3	2	1	1	1	1	1	1	1	1	1	E
39	E	4	3	2	1	1	1	1	1	1	1	1	1	E
40	E	4	3	2	1	1	1	1	1	1	1	1	1	E
41	E	4	3	2	2	2	2	2	2	2	2	2	1	E
42	E	4	3	2	2	2	2	2	2	2	2	2	1	E
43	E	4	3	3	2	2	2	2	2	2	2	2	1	E
44	E	4	3	3	3	3	3	3	3	3	3	3	2	E
45	E	4	3	3	3	3	3	3	3	3	3	3	2	E
46	E	4	4	4	4	3	3	3	3	3	3	3	2	E
47	E	C	4	4	4	4	4	4	4	3	3	3	2	E
48	E	C	4	4	4	4	4	4	4	3	3	3	3	E
49	E	C	C	C	C	4	4	4	4	4	4	4	3	E
50	E	C	C	C	C	4	4	4	4	4	4	4	3	E
51	E	C	C	C	C	C	C	C	C	C	4	4	3	E
52	E	C	C	C	C	C	C	C	C	C	4	4	4	E
53	E	C	C	C	C	C	C	C	C	C	C	C	4	E
54	E	C	C	C	C	C	C	C	C	C	C	C	4	E
55	E	C	C	C	C	C	C	C	C	C	C	C	4	E
56	E	C	C	C	C	C	C	C	C	C	C	C	C	E
57	E	E	E	E	E	E	E	E	E	E	E	E	E	E
58	E	E	E	E	E	E	E	E	E	E	E	E	E	E
59	E	E	E	E	E	E	E	E	E	E	E	E	E	E
60	E	E	E	E	E	E	E	E	E	E	E	E	E	E
61	E	E	E	E	E	E	E	E	E	E	E	E	E	E
62	E	E	E	E	E	E	E	E	E	E	E	E	E	E
63	E	E	E	E	E	E	E	E	E	E	E	E	E	E
64	E	E	E	E	E	E	E	E	E	E	E	E	E	E
> 64	E	E	E	E	E	E	E	E	E	E	E	E	E	E

Penalty Chart: Advanced - GOLD/ SHORT - Ride Distance 30 - 50 km / 18.64 - 31.07 miles

I&A Long Speed Pulse Chart, Revised Dec 1/09#6
 Advanced/Gold Level Distance LONG SPEED 32 to 50 miles [50-80k]
 Speed Category [3] 5 to 9.99mph [8-16 kph]

Speed	Km/h	< 8 km/h	8 - 9.4	9.5 - 10.3	10.4 - 10.9	11 - 11.2	11.3 - 11.5	11.6 - 11.8	11.9 - 12.1	12.2 - 12.4	12.5 - 12.7	12.8 - 12.9	13 - 16	> 16 km/h
	MILES	< 4.97 miles	4.97-5.84	5.90-6.40	6.46-6.77	6.84-6.96	7.02-7.15	7.21-7.33	7.39-7.52	7.58-7.71	7.77-7.89	7.95-8.02	8.08-9.94	> 9.94 miles
Pulse bpm														
36	E	4	3	2	1	1	1	1	1	1	1	1	1	E
37	E	4	3	2	1	1	1	1	1	1	1	1	1	E
38	E	4	3	2	1	1	1	1	1	1	1	1	1	E
39	E	4	3	2	1	1	1	1	1	1	1	1	1	E
40	E	4	3	2	1	1	1	1	1	1	1	1	1	E
41	E	4	3	2	1	1	1	1	1	1	1	1	1	E
42	E	4	3	2	1	1	1	1	1	1	1	1	1	E
43	E	4	3	2	1	1	1	1	1	1	1	1	1	E
44	E	4	3	2	1	1	1	1	1	1	1	1	1	E
45	E	4	3	2	2	2	2	2	2	2	2	2	1	E
46	E	4	3	2	2	2	2	2	2	2	2	2	1	E
47	E	4	3	3	2	2	2	2	2	2	2	2	1	E
48	E	4	3	3	3	3	3	3	3	3	3	3	2	E
49	E	4	3	3	3	3	3	3	3	3	3	3	2	E
50	E	4	4	4	3	3	3	3	3	3	3	3	2	E
51	E	C	4	4	4	4	4	4	4	4	3	3	2	E
52	E	C	C	4	4	4	4	4	4	4	3	3	3	E
53	E	C	C	C	4	4	4	4	4	4	4	4	3	E
54	E	C	C	C	4	4	4	4	4	4	4	4	3	E
55	E	C	C	C	C	C	C	C	C	C	4	4	3	E
56	E	C	C	C	C	C	C	C	C	C	4	4	4	E
57	E	C	C	C	C	C	C	C	C	C	C	C	4	E
58	E	C	C	C	C	C	C	C	C	C	C	C	4	E
59	E	C	C	C	C	C	C	C	C	C	C	C	4	E
60	E	C	C	C	C	C	C	C	C	C	C	C	C	E
61	E	E	E	E	E	E	E	E	E	E	E	E	E	E
62	E	E	E	E	E	E	E	E	E	E	E	E	E	E
63	E	E	E	E	E	E	E	E	E	E	E	E	E	E
64	E	E	E	E	E	E	E	E	E	E	E	E	E	E
> 64	E	E	E	E	E	E	E	E	E	E	E	E	E	E

Penalty Chart :- Advanced -GOLD LONG Ride Distance 50km - 80km / 31.07 - 49.71 miles

