

The length of the courses is given as the length of a straight line. Later will be given and length of the courses following the shortest sensible route choice.

| Class | Length/Climbing | Controls |
|-----------|-----------------|----------|
| Men | 4.5 km 150 m | 11 C |
| Women | 3.7 km 135 m | 10 C |
| WMSOC_M35 | 3.7 km 135 m | 10 C |
| WMSOC_M40 | 3.2 km 115 m | 10 C |
| WMSOC_M45 | 2.8 km 100 m | 9 C |
| WMSOC_M50 | 2.4 km 85 m | 6 C |
| WMSOC_M55 | 2.3 km 80 m | 6 C |
| WMSOC_M60 | 2.2 km 80 m | 6 C |
| WMSOC_M65 | 2.1 km 80 m | 6 C |
| WMSOC_M70 | 1.9 km 60 m | 6 C |
| WMSOC_M75 | 1.7 km 45 m | 6 C |
| WMSOC_M80 | 1.6 km 40 m | 6 C |
| WMSOC_M85 | 1.6 km 40 m | 6 C |
| WMSOC_W35 | 2.5 km 80 m | 7 C |
| WMSOC_W40 | 2.1 km 55 m | 7 C |
| WMSOC_W45 | 1.8 km 50 m | 6 C |
| WMSOC_W50 | 1.8 km 50 m | 6 C |
| WMSOC_W55 | 1.8 km 40 m | 6 C |
| WMSOC_W60 | 1.8 km 40 m | 6 C |
| WMSOC_W65 | 1.7 km 45 m | 6 C |
| WMSOC_W70 | 1.7 km 45 m | 6 C |
| WMSOC_W80 | 1.7 km 40 m | 5 C |