

THE CLASSIC LONG FORMAT THREE DAY EVENT

Breaking it down: A-B-C-D
DISTANCE – SPEEDS – TIMES

	USEA National Events (began 2008)		FEI International Events (ended 2008)			
PHASE	T3D (½ *)	P3D (One-Star *)	One-Star *	Two-Star **	Three-Star ***	Four-Star ****
Phase A – Roads & Tracks	2200 m @ 220 mpm OT: 10:00 min	3740 m @ 220 mpm OT: 17:00 min	2950 m @ 220 mpm OT: 13:30 min	3520 m @ 220 mpm OT: 16:00 min	3200m @ 220 mpm OT: 15:00 min	5940 m @ 220 mpm OT: 27:00 min
Phase B - Steeplechase	1300 m @ 520 mpm OT: 2:30 min	1920m @ 640 mpm OT: 3:00 min	2240 m @ 640 mpm OT: 3:30 min	2310 m @ 660 mpm OT: 3:30 min	2,760 m @ 690 mpm OT: 4:00 min	3105 m @ 690 mpm OT: 4:30 min
Phase C – Roads & Tracks	3520 m @ 220 mpm OT: 16 min	4000m @ 160 mpm OT: 25 min	6075 m @ 220 mpm OT: 28:00 min	5840 m @ 160 mpm OT: 36:30 min	7700 m @ 220 mpm OT: 35:00 min	9790 m @ 220 mpm OT: 44:30 min
10 Minute Box						
Phase D – Cross Country	2350 m @ 470 mpm OT: 5:00 min	4160m @ 520 mpm OT: 8:00 min	4201 m @ 520 mpm OT: 8:05 min	4950 m @ 550 mpm OT: 9:00 min	6842 m @ 570 mpm OT: 12:00 min	7315 m @ 570 mpm OT: 12:50 min
= TOTALS =						
Total Distance Covered	9370 m = 5.8 miles	13,820m = 8.6 miles	15,466m = 9.6 miles	16,620m = 10.33 miles	20,502m = 12.74 miles	26,150 m = 16.25 miles
Total Time (including 10 min box)	43 min 30 sec	1 hr 3 min	1 hr 3 min 5 sec	1 hr 15 min	1 hr 16 min	1 hr 38 min 50 sec

Distances and times drawn from:
 T3D: Waredaca 2009
 P3D: Galway Downs 2009
 One-Star: North Georgia 1994
 Two-Star: Radnor Hunt 2003
 Three-Star: Jim Wofford's memory!
 Four-Star: Badminton 1998