

## SMC Fitness and Difficulty Levels

DIFFICULTY	EASY	MODERATE	DIFFICULT	VERY DIFFICULT
<b>MILEAGE</b>	<4 miles	<8 miles	<12 miles	>12 miles
<b>DURATION</b>	4-8 hour climb	8-12 hour climb	12-16 hour climb	16+ hour climb
<b>PACK WEIGHT</b>	Light Pack (<30lbs)	Overnight Pack (<40lbs)	Heavy Pack (<50 lbs)	Very Heavy Pack (>50 lbs)
<b>ELEV. GAIN</b>	<2000 feet gain	<4000 feet gain	<6000 feet gain	>6000 feet gain
<b>ASCENT RATE</b>	250 feet per hour	500 feet per hour	750 feet per hour	1000 feet per hour
<b>MAX ELEV.</b>	up to 10,000 feet	up to 12,000 feet	up to 14,000 feet	over 14,000 feet

Events are ranked as a category "Easy", "Moderate", "Difficult" or "Very Difficult" by the column that best describes the mileage, duration, pack weight, elevation gain, ascent rate and maximum elevation even if some of the variables are in other columns.