



- U11 Girls 12:00 noon
- U11 Boys 12:15 pm
- U13 Girls 12:30 pm
- U13 Boys 12:50 pm
- U17 Men 13:05 pm
- U20/Sen/Masters Women 13:10 pm
- U15 Boys 13:45 pm
- U15 Girls/U17 Women 14:00 pm
- U20/Sen/Masters Men 14:20

Start-A-B-C-Z-Finish	1600m
Start-A-B-C-Z-Finish	1600m
Start-A-B-X-D-E-F-Z-Finish	3200m
Start-A-B-X-D-E-F-Z-Finish	3200m
Start-A-B-X-D-E-F-Z-Start 2 laps-Finish	6400m
Start-A-B-X-D-E-F-Z-Start 2 laps-Finish	6400m
Start-A-B-C-X-D-E-F-Z-Finish	4000m
Start-A-B-C-X-D-E-F-Z-Finish	4000m
Start-A-B-C-X-D-E-F-Z-Start 2 laps -Finish	8000m