



Time	Race Age Group	Laps	Distance
11:00	Under 11 Girls	1 x Small Lap	1,250 m
11:10	Under 11 Boys	1 x Small Lap	1,250 m
11:30	Under 13 Girls	1 x Medium Lap	2,780 m
11:45	Under 13 Boys	1 x Medium Lap	2,780 m
12:00	Under 17 Men	2 x Medium Lap	5,560 m
12:25	Under 17/20 Women	1 x Small Lap, 1 x Big Lap	4,450 m
12:50	Under 15 Girls	1 x Big Lap	3,200 m
13:05	Under 15 Boys	1 x Big Lap	3,200 m
13:25	Senior Women's Mile	1 x Small Lap + extension	1 Mile
13:35	Senior Men's Mile	1 x Small Lap + extension	1 Mile
13:45	Senior Women & Masters	2 x Big Lap	6,400 m
14:30	Under 20 Men	2 x Big Lap	6,400 m
14:55	Senior Men & Masters	3 x Big Lap	9,600 m