

INSIDE WATER JUMP

OUTSIDE WATER JUMP

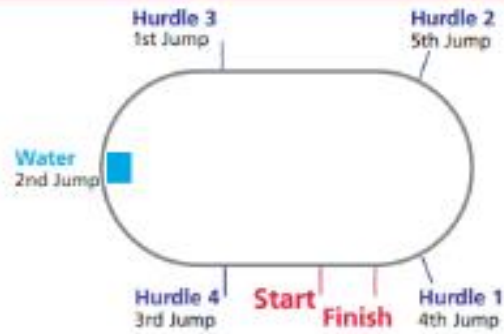
3000m Senior Men



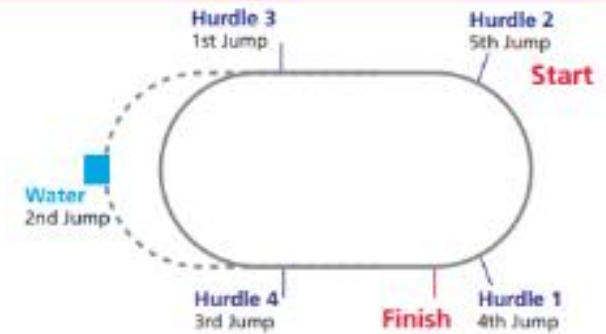
3000m Senior Men



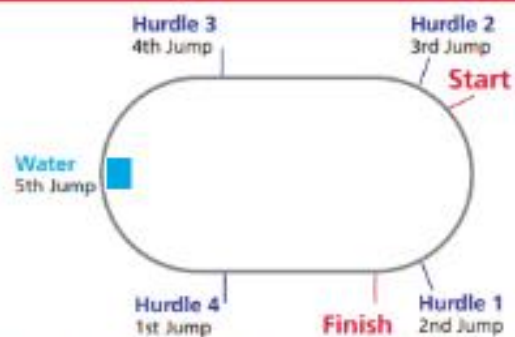
2000m Junior Men



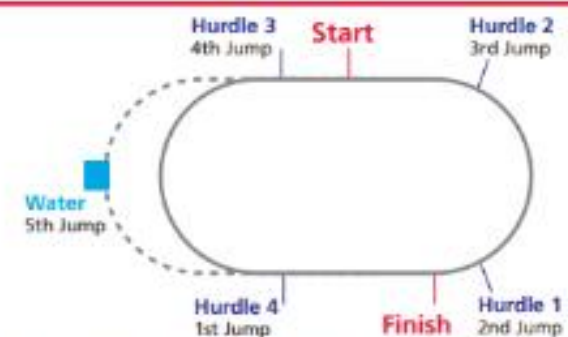
2000m Junior Men



1500m Youths



1500m Youths



UK Calculations for the 1k and 2k points in the 3000m and approx start lines for all three races assume a Water Jump lap of 394m. Barrier heights Men – 91.4cm, Women – 76.2cm.

Calculations for the 1k and 2k points in the 3000m and approx start lines for all three races assume a Water Jump lap of 420m. Barrier heights Men – 91.4cm, Women – 76.2cm.