



**Parking and changing facilities at Naver Playing Fields, Dale Road, Thurso**

U11Girls	1:15pm	1300m	Start – A – B – A – Finish
U11Boys	1:20pm	1300m	Start – A – B – A – Finish
U13Girls	1:25pm	3090m	Start – A – B – C – D – E – F - B – A – Finish (1 big lap)
U13Boys	1:35pm	3090m	Start – A – B – C – D – E – F - B – A – Finish (1 big lap)
U15Girls / U17Ladies	1:45pm	4860m	Start – A – B – C – F – B – A – Lap Field – A – B – C – D – E – F - B – A – Finish
U15Boys	2:00pm	4860m	Start – A – B – C – F – B – A – Lap Field – A – B – C – D – E – F - B – A - Finish
Senior Women	2:15pm	6180m	Start – A – B – C – D - E – F - B – A – Lap Field – A – B – C – D – E – F - B – A – Finish (2 big laps)
U17Men	2:30pm	6180m	Start – A – B – C – D - E – B – A – Lap Field – A – B – C – D – E – B – A – Finish (2 big laps)
Senior Men	2:30pm	9270m	Start – A – B – C – D - E – B – A – Lap Field – A – B – C – D - E – B – A – Lap Field – A – B – C – D – E – B – A – Finish (3 big laps)