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| 1.00pm - <b><u>U11 Girls</u></b> - Small Loop 1600m                                | 1.05pm - <b><u>U11 Boys</u></b> - Small Loop 1600m                 |
| 1.10pm - <b><u>U13 Girls</u></b> - Large Loop 3200m                                | 1.20pm - <b><u>U13 Boys</u></b> - Large Loop 3200m                 |
| 1.30pm - <b><u>U15 Girls/Under 17 Women</u></b> - 1 Small Loop, 1 Large Loop 4800m | 1.45pm - <b><u>U15 Boys</u></b> - 1 Small Loop, 1 Large Loop 4800m |
| 2.00pm - <b><u>Senior Women</u></b> - 3 Large Loops 9600m                          |  |
| 2.15pm - <b><u>U17 Men</u></b> - 2 Large Loops 6400m                               | <b><u>Senior Men</u></b> - 3 Large Loops 9600m                     |

**Small Loop** – Start-A-B-C-L-FINISH

**Large Loop Start** – Start A-B-C-D-E-F-G-H-J-K-FINISH