

Time	Category	Distance	Loops
11:30	U11 Girls	2,1km	x1 ABC Finish
11:45	U11 Boys	2,1km	x1 A,B,C Finish
12:00	U13 Girls	2,4km	x1 ABC Finish
12:15	U13 Boys	2,4km	x1 ABC Finish
12:30	U15 Girls	4,3km	x2 ABC Finish
12:50	U15 Boys	4,3km	x2 ABC Finish
13:05	U17 Women	4,3km	x2 ABC Finish
13:35	U20 / Senior Women	6,3km	x3 ABC Finish
14:10	U17 Men	6, 3km	x3 ABC Finish
14:30	U20 Senior Men	10km	x4 ABC Finish

**Black line only run by U13
Boys & Girls and Senior Men**

