

Time	Category	Distance	Loops
11:30	U11 Girls	1,75km	x1 A Loop
11:45	U11 Boys	1,75km	x1 A Loop
12:00	U13 Girls	2,9km	x2 B Loops
12:15	U13 Boys	2,9km	x2 B Loops
12:30	U15 Girls	4,1km	x1 B Loop X1 C Loops
12:50	U15 Boys	4,1km	x1 B Loop x1 C Loop
13:05	U17 Women	4,1km	x1 B Loop X1 C Loop
13:35	U20 / Senior Women	6,5km	x1 A Loop x2 C Loops
14:10	U17 Men	6, 5km	x1 A Loop x2 C Loops
14:30	U20 Senior Men	9.95km	x4 C Loops

• **New course layout, please walk the course**

A Loop; Athletes come back up onto the football pitches before finishing or starting another lap.

B Loop; Athletes round the turning point at the top of the hill and return down the hill cut across to the C loop and return up the hill

C Loop; Perimeter loop without short cuts A or C

