



Race	Start	Distance	LAPS
Under 15 Girls	1100hrs	2000m	1 Large Lap
Under 15 Boys	1115hrs	2000m	1 Large Lap
Under 17 Women	1130hrs	3000m	1 Small Lap + 1 Large Lap
Under 17 Men	1150hrs	3000m	1 Small Lap + 1 Large Lap
Sen/Jun Women	1210hrs	4000m	2 Large Laps
Sen/Jun Men	1235hrs	4000m	2 Large Laps

Declarations in Bellahouston Sports Centre