



U12 Girls 12:00 noon	1 SMALL LAP	1500m	SMALL LAP = START-A-X-E-FINISH
U12 Boys 12:15 pm	1 SMALL LAP	1500m	LARGE LAP = START-A-B-C-D-X-E-FINISH
U14 Girls 12:30 pm	1 LARGE LAP	3200m	
U14 Boys 12:50 pm	1 LARGE LAP	3200m	
U18 Men 13:05 pm	2 LARGE LAPS	6400m	
U20/Sen/Masters Women 13:10 pm	2 LARGE LAPS	6400m	
U16 Boys 13:45 pm	1 SMALL LAP + 1 LARGE LAP	4700m	
U16 Girls/U17 Women 14:00 pm	1 SMALL LAP + 1 LARGE LAP	4700m	
U20/Sen/Masters Men 14:20	1 SMALL LAP + 2 LARGE LAPS	8000m	