

Race Details

Event	Race Description	Time	Course (see map)	Distance
1	Under 13 Girls	1130	1 big Lap (extended) : A-B-C-D-E	3200m
2	Under 13 Boys	1145	1 big Lap (extended) : A-B-C-D-E	3200m
3	Under 15 Girls	1200	2 medium laps : A-C-E	4000m
4	Under 15 Boys	1220	2 medium laps : A-C-E	4000m
5	Under 17 Women	1240	1 medium : A-B-C-E then 1 big lap : A-B-C-D-E (both extended)	5500m
	Under 20 Women		2 big laps (extended) : A-B-C-D-E	6500m
6	Sen/Masters Women	1315	1 medium : A-C-E then 2 big laps : A-B-C-D-E (extended)	8500m
7	Under 17 Men	1355	1 medium : A-B-C-E then 1 big lap : A-B-C-D-E (both extended)	5500m
	Under 20 Men		2 big laps (extended) : A-B-C-D-E	6500m
8	Sen/Masters Men	1415	1 medium : A-C-E then 2 big laps : A-B-C-D-E (extended)	8500m

Course Map

