

## TIMETABLE:

1:30pm	1000m	1 lap of the 1km	Under 8, Under 10, All ages FEMALE
1:40pm	1000m	1 lap of the 1km	Under 8, Under 10, All ages MALE
1:55pm	2000m	1 Lap of the 2km	Under 12/12 & Under Multit-Class/All Ages Female/Male
2:10pm	3000m	1 x 1km + 1 x 2km	Under 14/13+ Multi-Class/All Ages Female/Male
2:40pm	4000m	2 Laps of the 2km	Under 16, Open Short Course Female/Male
3:10pm	6000m	3 Laps of the 2km	U18/Masters/Open Medium Course Female/Male
3:10pm	8000m	4 Laps of the 2km	U20/Open Long Course Female/Male

