## Race Timetable

| Race 1 | $\begin{aligned} & 11.00 \\ & 1.9 \mathrm{~km} \end{aligned}$ | U11 Boys and Girls One short lap plus start and finish straights |
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| Race 2 | $\begin{aligned} & 11.15 \\ & 3 \mathrm{~km} \end{aligned}$ | U13 Girls One long lap plus start and finish straights |
| Race 3 | $\begin{aligned} & 11.30 \\ & 3 \mathrm{~km} \end{aligned}$ | U13 Boys One long lap plus start and finish straights |
| Race 4 | $\begin{aligned} & 11.45 \\ & 3 \mathrm{~km} \end{aligned}$ | U15 Boys One long lap plus start and finish straights |
| Race 5 | $\begin{aligned} & 12.00 \\ & 3 \mathrm{~km} \end{aligned}$ | U15 Girls One long lap plus start and finish straights |
| Race 6 | $\begin{aligned} & 12.15 \\ & 4.4 \mathrm{~km} \end{aligned}$ | U17 Women and IAAF Junior Women (U20 on 31.12.14) One short lap and one long lap plus start and finish straights |
| Race 7 | $\begin{aligned} & 12.35 \\ & 5.5 \mathrm{~km} \end{aligned}$ | U17 Men U17 <br> Two long laps plus start and finish straights |
| Race 8 | $\begin{aligned} & 12.55 \\ & 6.7 \mathrm{~km} \end{aligned}$ | IAAF Junior Men (U20 on 31.12.14) <br> Two long laps with loop each lap plus start and finish straights |
| Race 9 | $\begin{aligned} & 13.20 \\ & 8.1 \mathrm{~km} \end{aligned}$ | Senior Women <br> One short lap and two long laps with loop each long lap plus start and finish straights |
| Race 10 | $\begin{aligned} & 14.00 \\ & 9.8 \mathrm{~km} \end{aligned}$ | Senior Men <br> Three long laps with loop each lap plus start and finish straights |

