

Age Group	Distances (Approx)	Laps	Time
u13 Girls	3,000m	1 Long Lap	11.10 a.m.
u13 Boys	3,000m	1 Long Lap	11.30 a.m.
u15 Girls	4,000m	1 Small Lap + 1 Medium	11.50 a.m.
u15 Boys	4,500m	1 Med + 1 Long Lap	12.10 p.m.
u17 Women	4,500m	1 Med + 1 Long Lap	12.30 p.m.
u17 Men	6,000m	1 Small + 2 Long Laps	1.00 p.m.
Junior Women	6,000m	1 Small + 2 Long Laps	1.25 p.m.
Senior Women	7,800m	1 Small + 3 Long Laps	1.25 p.m.
Junior Men	7,800m	1 Small + 3 Long Laps	2.15 p.m.
Senior Men	10,400m	1 Small + 4 Long Laps	2.15 p.m.