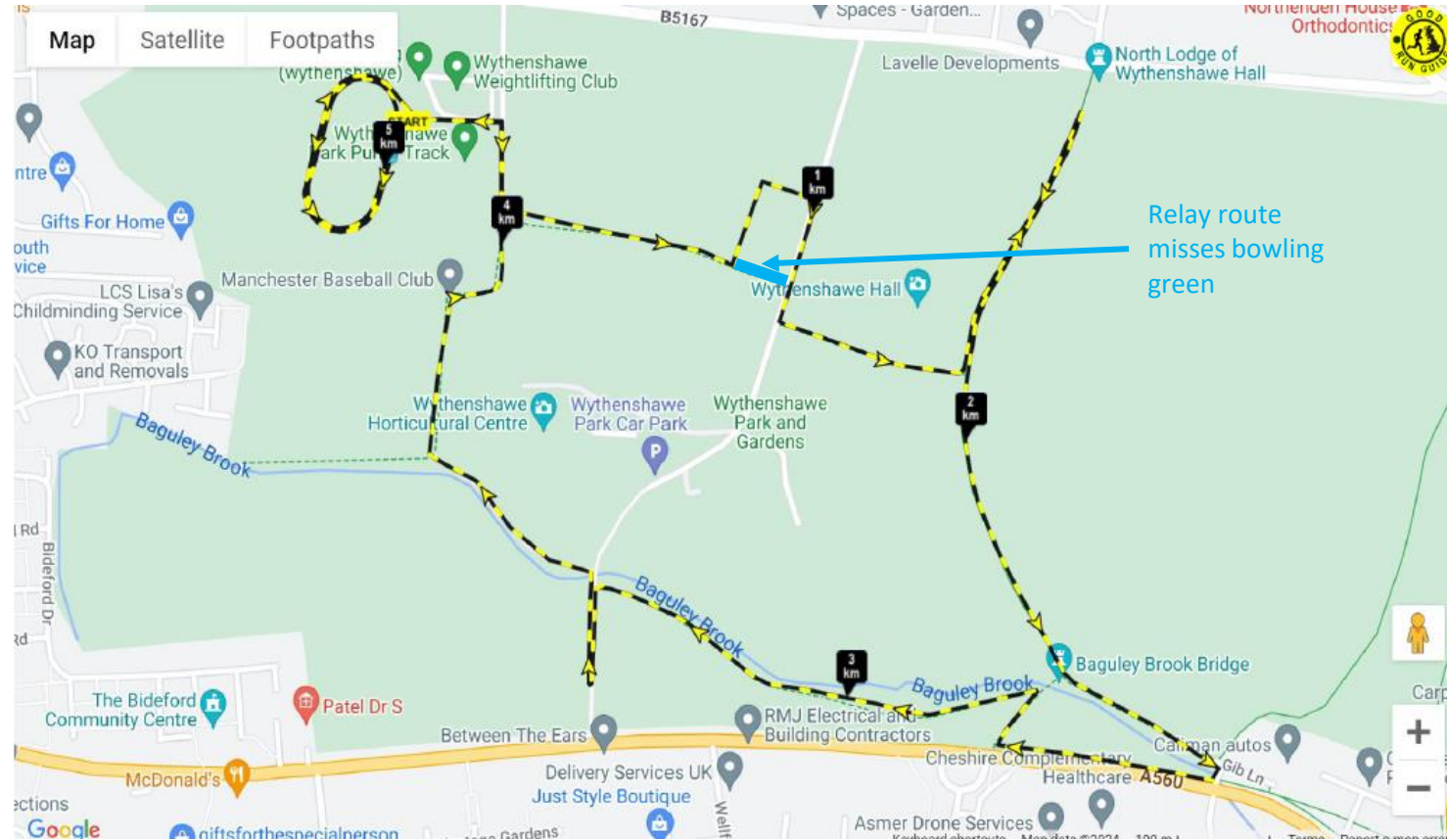


# Course



Race	Time	Distance	Course
U15 Boys	11:00	5K	1 Lap
U15 Girls	11:05	5K	1 Lap
U17 Men	11:25	5K	1 Lap
U17 Women	11:30	5K	1 Lap
Senior Men	12:00	4.5K approx 8.0K approx	1 Lap 2 Laps (Don't enter track after first lap)
Senior Women	12.15	4.5K approx 8.0K approx	1 Lap 2 Laps (Don't enter track after first lap)

Officials' Registration

Presentation

Team Manager  
Registration

Start/Finish Area

Officials and Mini-  
Bus Carpark

Start Fitness

Refreshments



