

10.45am	U11 Boys	1.5km	1 blue lap + start/finish field
10.50am	U11 Girls	1.5km	1 blue lap + start/finish field
11.00am	U13 Boys	3km	1 red lap
11.05am	U13 Girls	3km	1 red lap
11.25am	U15 Boys	4km	1 blue lap + 1 red lap
11.30am	U15 Girls	4km	1 blue lap + 1 red lap
11.55am	U17 Women/U20 Women	5km	1 yellow lap + 1 red lap
12.25pm	U17 Men	6km	2 red laps
12.55pm	U20 Men	8km	1 yellow lap + 2 red laps
1.00pm	Senior Women	8km	1 yellow lap + 2 red laps
1.45pm	Senior Men	12km	4 red laps