



Small LAP 

LARGE LAP 

TIME/EVENT	DISTANCE / COURSE
12-00 / U11 GIRLS	2200MT 1 SHORT LAP
12-15 / U11 BOYS U13 GIRLS	2400MT 1 SMALL LAP
12-30 / U13 BOYS U15 GIRLS	3000MT 1 LARGE LAP
12-50 / U15 BOYS U17 WOMEN	4800MT 2 SMALL LAPS
13-20 / U17 MEN	6000MT 2 LARGE LAPS
13-40 / U20 WOMEN SEN WOMEN	7200MT 3 SMALL LAPS
14-30 / U20 MEN SEN MEN	9000MT 3 LARGE LAPS