



### Basic Schedule

Race	Distance	Start
1	6km	1:00pm

#### Course Summary:

1 lap of 2km, then 1 lap of 4km

- Open Women SW
- Masters Women 35
- Masters Women 50
- Masters Women 60
- Masters Women 70
- Masters Men 60
- Masters Men 70

2	4km	1:30pm
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Course Summary: 1 lap of 4km

- Men Under 20
- Men Under 18
- Women Under 20
- Women Under 18

3	2km	2:00pm
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Course Summary: 1 lap of 2km

- Boys Under 11
- Boys Under 13
- Girls Under 11
- Girls Under 13

4	3km	2:15pm
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Course Summary:

1 lap of 1km, then 1 lap of 2km

- Boys Under 15
- Girls Under 15

5	1km	2:30pm
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Course Summary: 1 lap of 1km

- Boys Under 9
- Girls Under 9

6	8km	2:45pm
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Course Summary: 2 laps of 4km

- Open Men SM
- Masters Men 40
- Masters Men 50