



## Basic Schedule

Race	Distance	Start
1	5 km	12.40pm
	(1 lap)	
	<ul style="list-style-type: none"> <li>Senior Women</li> <li>Masters Women 35</li> <li>Masters Women 50</li> <li>Masters Women 60</li> <li>Masters Women 70</li> <li>Masters Men 60</li> <li>Masters Men 70</li> <li>Men Under 20</li> <li>Men 20-59 Non-championship 5k</li> </ul>	
2	3.7 km	1.30pm
	<ul style="list-style-type: none"> <li>Women Under 20</li> <li>Women Under 18</li> <li>Girls Under 15</li> <li>Men Under 18</li> <li>Boys Under 15</li> </ul>	
3	1.6 km	2.00pm
	<ul style="list-style-type: none"> <li>Boys Under 13</li> <li>Boys Under 11</li> </ul>	
4	1.6km	2.15pm
	<ul style="list-style-type: none"> <li>Girls Under 13</li> <li>Girls Under 11</li> </ul>	
5	10 km	2.30pm
	(2 laps)	
	<ul style="list-style-type: none"> <li>Senior Men</li> <li>Masters Men 40</li> <li>Masters Men 50</li> <li>Women 20+ Non-championship 10k</li> </ul>	

