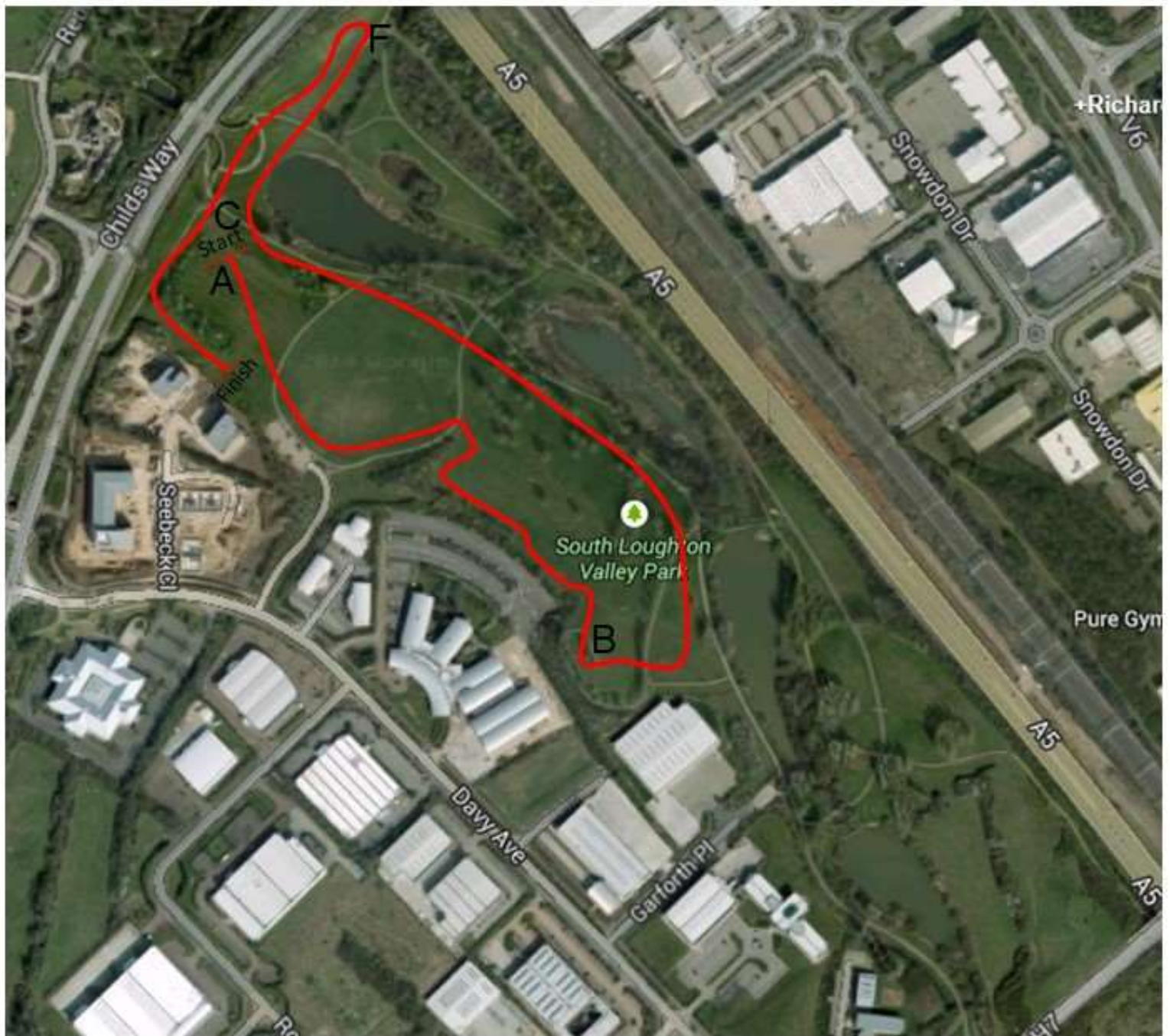


# U11 Girls & Boys

11:30 and 11:45

1 Small Extended Lap

A-B-C-F-C-Finish

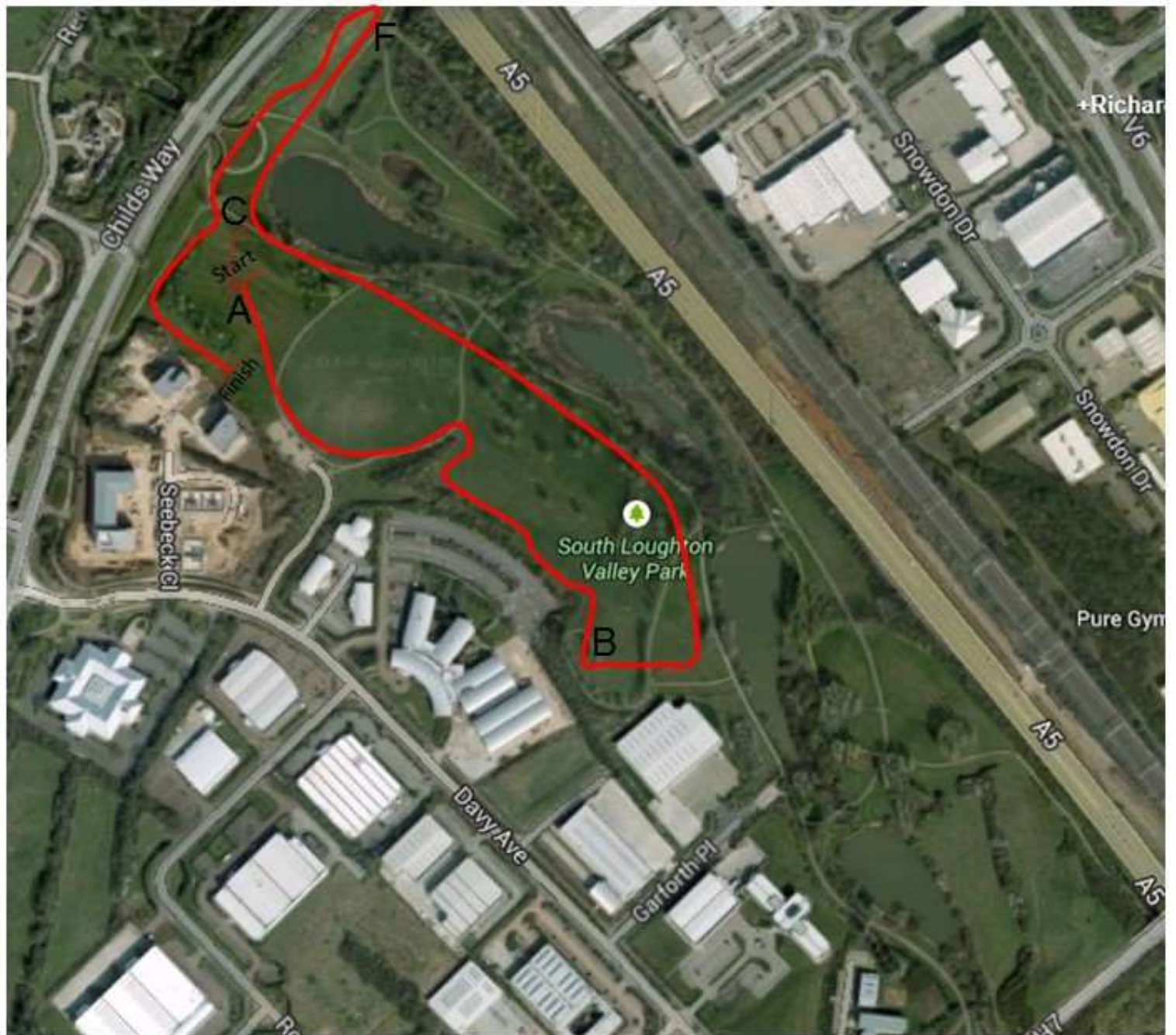


# U13 Girls & Boys

12:00 and 12:15

1 Small and 1 Small Extended Lap

A-B-C-A-B-C-F-C-Finish

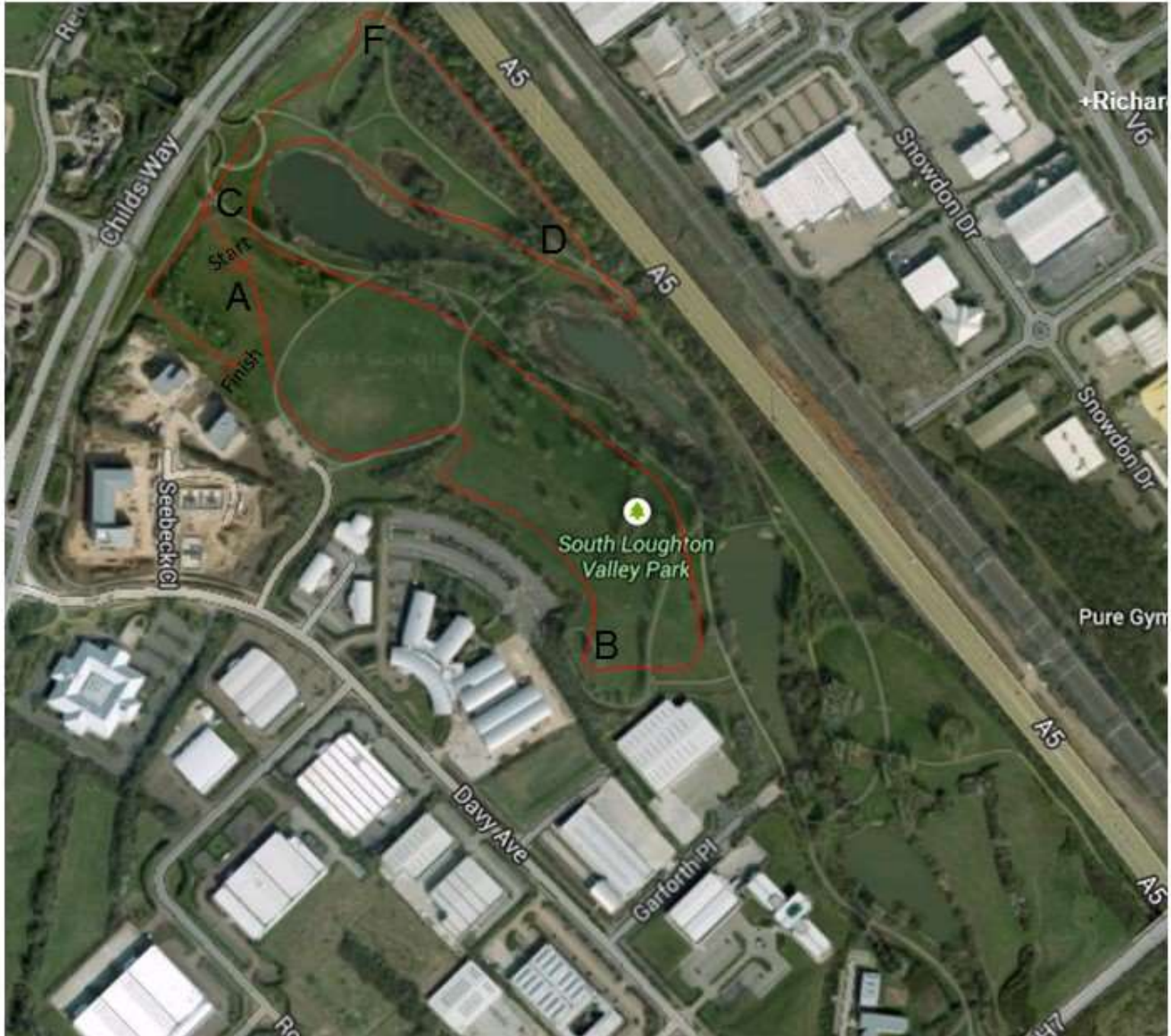


# U15 Girls & Boys

12:30 & 12:45

2 Medium Laps

A-B-C-D-F-C-A-B-C-D-F-C-Finish



# U17/U20 Women

13:00

1 Small Lap + 1 Large Lap  
A-B-C-A-B-C-D-E-D-F-C-Finish



# Senior/Veteran Women 13.25

## U17 Men (with U20 Cross Challenge Men)13.50

1 Medium & 1 Large Lap  
A-B-C-D-F-C-A-B-C-D-E-D-F-C-Finish



# Junior/Senior/Veteran Men

14.10

1 Medium Lap & 2 Large Laps

A-B-C-D-F-C-A-B-C-D-E-D-F-C-A-B-C-D-E-D-F-C-Finish

