Age Group	Start Time	Approx	Course
Under 13 Girls	11:30am	3,000m	A-B-F-G-H (twice)
Under 13 Boys	11:45am	3,000m	A-B-F-G-H (twice)
Under 15 Girls	12noon	4,200m	A-B-F-G-H-A-B-C-E-F-G-H
Under 15 Boys	12:20pm	4,200m	A-B-F-G-H-A-B-C-E-F-G-H
Under 17 Men	12:40pm	5,800m	A-B-C-D-E-F-G-H (twice)
Under 17 Women	12:45pm	5,800m	A-B-C-D-E-F-G-H (twice)
Under 20 Men	1:05pm	6,900m	A-B-F-G-H (once) + A-B-C-E-F-G-H (twice)
Under 20 Women	1:10pm	6,900m	A-B-F-G-H (once) + A-B-C-E-F-G-H (twice)
Senior / Master Women	1:35pm	8,700m	A-B-C-D-E-F-G-H (three times)
Senior / Master Men	2:20pm	8,700m	A-B-C-D-E-F-G-H (three times)