



**Young Females - 1100**  
3 x Blue Lap (2800m)

**Young Males - 1145**  
3 x Blue Lap (2800m)

**Sen/Jun/Mas Women**  
**1300**  
3 x Red Lap (4000m)

**Sen/Jun/Mas Men**  
**1415**  
4 x Red Lap (4000m)

\*\* Course subject to change to reflect local conditions

