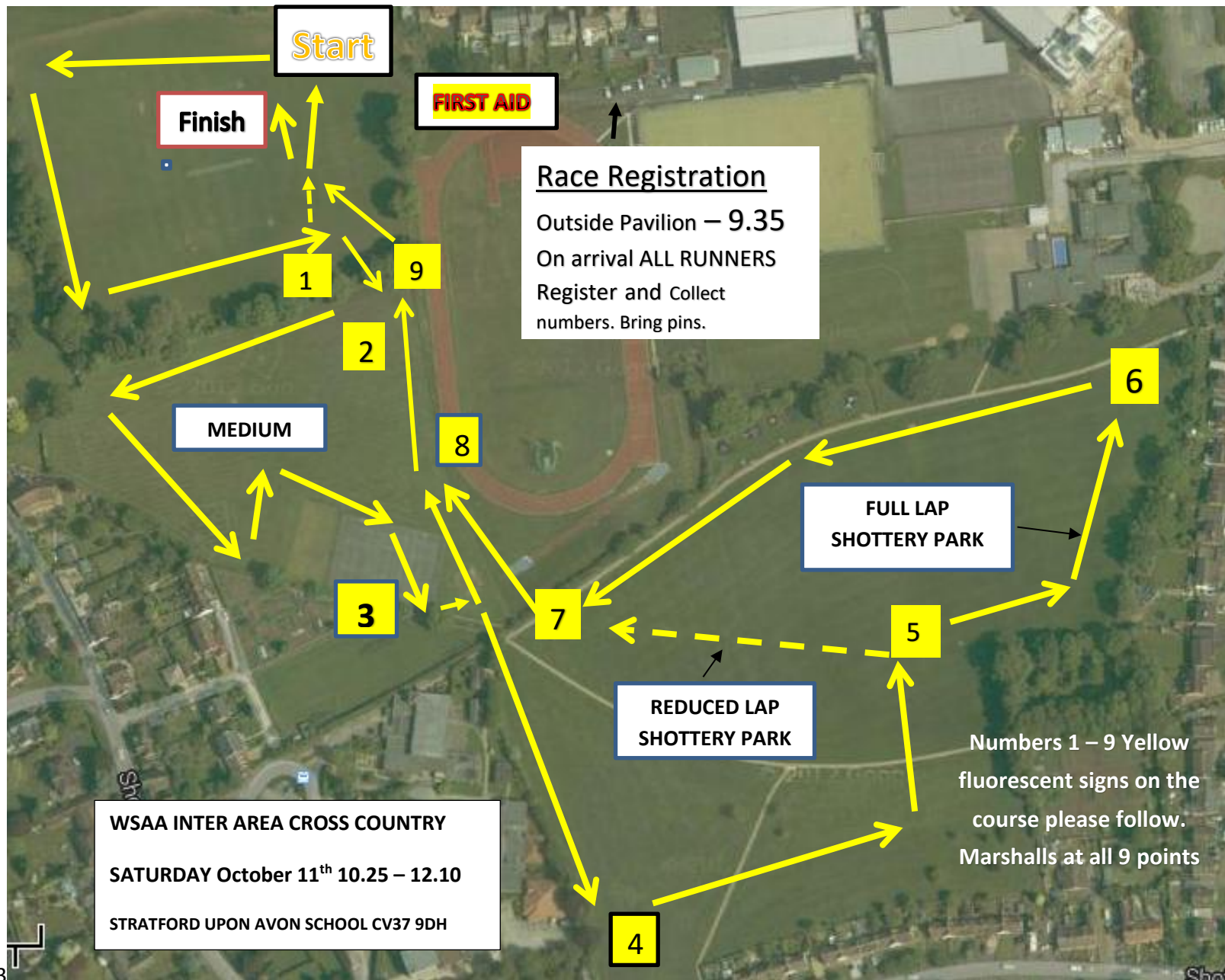




RACE TIMES AND COURSES

Inter Boys – 10:25 (4500m)

Start 1.2.3.8.9.Start.

1.2.3.4.5.6.7.8.9 x 2. Finish

(1 medium lap and 2 Full Laps)

Inter Girls – 10:45 (3500m)

Start.1.2.3.4.5.6.7.8.9.x 2 Finish.

(2x Full laps)

Minor Boys – 11:05 (2550m)

Start.1.2.3.8.9.Start.1.2.3.4.5.6.7.8

.9 Finish

(1 medium and 1 Full lap)

Minor Girls – 11:20 (2550m)

Start.1.2.3.8.9.Start.1.2.3.4.5.6.7.8

.9 Finish

(1 medium and 1 full lap)

Junior Boys – 11:35 (3250m)

Start.1.2.3.4.5.7.8.9.Start.1.2.3.4.5

.6.7.8.9. Finish. (1 x reduced , 1 x

Full lap)

Junior Girls – 11:55 (3250m)

Start.1.2.3.4.5.7.8.9.Start.1.2.3.4.5

.6.7.8.9. Finish. (1 x reduced , 1 x

Full lap)

REGISTRATION: FROM 9.35am.

Race Nos recorded at Finish

Nos issued at Registration

COURSE INSPECTION FROM

10.00 UNTIL 10.20a.m.

Full SPIKES course.