

Changing Facilities

&

Registration located here

**FINISH**

**START**

**U10: 1000m -** 1 Red lap + Start and Finish

**U12**: **1500m** - 1 Full Lap (Red & Yellow)

**U14: 2500m -** 1 Yellow lap + 1 Full lap (Red & Yellow)

**U16: 3500m -** 2 Full laps (Red & Yellow

**U18 Girls: 4000m -** 1 Yellow lap + 2 Full laps (Red and Yellow)

**U18 Boys: 5000m -** 3 Full laps (Red & Yellow)

**Senior Women: 5000m -** 3 Full laps (Red & Yellow)

**Senior Men:** **8000m** - 4 Full laps (Red & Yellow)

**\*Distances are approximate**

