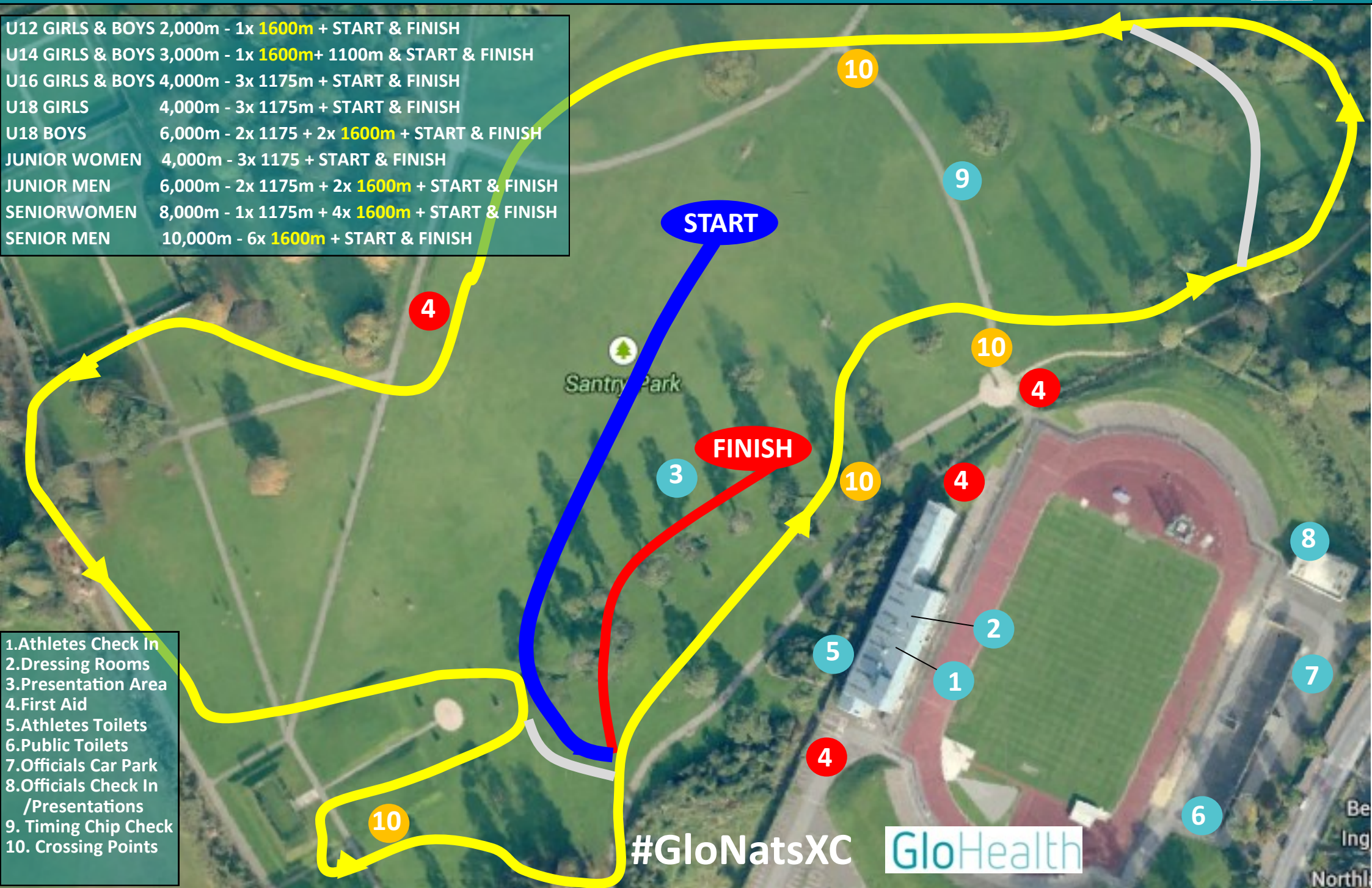




U12 GIRLS & BOYS	2,000m - 1x 1600m + START & FINISH
U14 GIRLS & BOYS	3,000m - 1x 1600m + 1100m & START & FINISH
U16 GIRLS & BOYS	4,000m - 3x 1175m + START & FINISH
U18 GIRLS	4,000m - 3x 1175m + START & FINISH
U18 BOYS	6,000m - 2x 1175 + 2x 1600m + START & FINISH
JUNIOR WOMEN	4,000m - 3x 1175 + START & FINISH
JUNIOR MEN	6,000m - 2x 1175m + 2x 1600m + START & FINISH
SENIORWOMEN	8,000m - 1x 1175m + 4x 1600m + START & FINISH
SENIOR MEN	10,000m - 6x 1600m + START & FINISH

1. Athletes Check In
2. Dressing Rooms
3. Presentation Area
4. First Aid
5. Athletes Toilets
6. Public Toilets
7. Officials Car Park
8. Officials Check In / Presentations
9. Timing Chip Check
10. Crossing Points



#GloNatsXC

