## Timetable of Races \& Map of Course



| Junior Girls | 3,000m Call Up 11.50pm $2 \times(1,500$ Laps) | Race 12.00Noon |
| :---: | :---: | :---: |
| Junior Boys | 4,000m Call Up 12.10pm $1 \times 1,000$ lap $+2 \times 1500$ laps | Race 12.20pm |
| Inter Girls | 4,000m Call Up 12.30pm $1 \times 1,000$ lap $+2 \times 1500$ laps | Race 12.40pm |
| Inter Boys | 6,000m Call Up 13.05pm $4 \times 1500$ laps | Race 13.15pm |
| Inter Boys \& Girls Relay | 6,000m Call Up 13.50pm $4 \times 1500$ Lap Relay (2 Boys \& 2 Girls) | Race 14.00pm |

