

TIMETABLE

Event	Distance	Start Time
Girls U12	2000m	11.30
Boys U12	2000m	11.43
Girls U14	3000m	11.55
Boys U14	3000m	12.10
Girls U16	4000m	12.25
Boys U16	4000m	12.43
Girls U18 & Junior Women	4000m	13.00
Boys U18 & Junior Men	6000m	13.20
Senior Women	8000m	13.45
Senior Men	10,000m	14.25

