

RACE SCHEDULE

Individual Events – Saturday August 21st 2010

Time	Event	Distance	Laps
8.30	Boys 10 Years Girls 10 Years AWD Relay 10 – 12 Years Girls & Boys AWD Relay 13 – 19 Years Boys & Girls	4 x 1000m	1 x 1000m
9.00	AWD Time Trials – 10 Years, 11 – 12 Years, 13 Years, 14/15 Years & 16 – 19 Years for ALL AWD Boys & Girls not in a relay	1000m	1 x 1000m
9.10	Boys 14/15 Years, Girls 14/15, 16/17, 18/19 Years	5 x 2000m	2 x 1000m
9.50	Girls 11 Years & 12 Years	4 x 1500m	1 x 1500m
	Boys 11 Years & 12 Years	4 x 1500m	1 x 1500m
10.25	Composite Teams	6 x 1500m	1 x 1500m
	13 yrs Boys and Girls	5 x 1500m	1 x 1500m
11.05	Boys 16/17 Years, 18/19 Years	5 x 3000m	2 x 1500m
12.00	13 Years Boys and Girls Time Trials	1500m	1 x 1500m
12.10	Boys 14/15 Years, Girls 14/15 Years, 16/17 Years, 18/19 Years Time Trials	2000m	2 x 1000m
12.25	Boys 16/17 Years, 18/19 Years Time Trials	3000m	2 x 1500m
13.15	Presentations & Closing Ceremony		

Time	Age Group	Distance	Laps
9.00	11 Years Girls	3000 m	1 x 3k
9.20	11 Years Boys	3000 m	1 x 3k
9.40	13 Years Girls	3000 m	1 x 3k
9.55	13 Years Boys	3000 m	1 x 3k
10.10	13 -19 Years AWD Boys & Girls	3000 m	1 x 3k
10.30	12 Years Girls	3000 m	1 x 3k
10.45	12 Years Boys	3000 m	1 x 3k
11.00	10 - 12 Years AWD Boys & Girls	2000 m	1 x 2k
11.15	14/15 Years Girls	4000 m	2 x 2k
11.40	14/15 Years Boys	4000 m	2 x 2k
12.00	10 Years Girls	2000 m	1 x 2k
12.15	10 Years Boys	2000 m	2x 2k
12.30	16/17 Years Girls	4000 m	2 x 2k
12.55	16/17 Years Boys	6000m	2 x 3k
13.25	18/19 Years Girls & U20 AA	6000 m	2 x 3k
13.55	18/19 Years Boys & U20 AA	8000 m	1 x 2k then 2 x 3k
14.35	Open Women	8000 m	1 x 2k then 2 x 3k
15.20	Open Men	12000 m	4 x 3k

Excursion – Sunday 22nd August 2010

Team Relays – Monday August 23rd 2010