



- 11:45 **U11G** – 1.7km 1 x blue lap, 1 x red lap
- 11:55 **U11B** – 1.7km 1 x blue lap, 1 x red lap
- 12:10 **U13G** – 3.1km 1 x yellow lap
- 12:25 **U13B** – 3.1km 1 x yellow lap
- 12:40 **U17M + U17W** – 4.5km 1 x red lap, 1 x yellow lap
- 12:40 **Seniors + U20** (short course race) – 6.2km 2 x yellow lap
- 13:15 **U15G + U15B** – 3.5km 1 x blue lap, 1 x yellow lap
- 13:35 **Seniors + U20** (long course race) – 9.3km 3 x yellow lap