12.30 – Inter Girls – 2 full laps – 3600m

12.34 – Inter Boys – 3 full laps – 5400m

1.00 – Year 7 Boys – school field loop + 1 full lap – 2500m

1.15 – Year 7 Girls - school field loop + 1 full lap – 2500m

1.30 – Junior Girls – Short lap + 1 full lap – 3300m Short lap goes straight on at A

1.33 – Junior Boys – 2 full laps – 3600m

1.55 – Senior Girls - 2 full laps – 3600m

1.58 – Senior Boys – School Field loop + 3 full laps – 6000m



F

start

A