

## **Timetable and Race Information**

Start	Race	Distance
11:00 hrs	Under 20 Men	8,000m
11:30 hrs	Under 13 Boys	3,000m
11:45 hrs	Senior Women	10,000m
12:35 hrs	Under 15 Boys	4,000m
12:55 hrs	Under 17 Women	5,000m
13:15 hrs	Under 20 Women	6,000m
13:40 hrs	Under 13 Girls	3,000m
14:00 hrs	Under 17 Men	6,000m
14:20 hrs	Under 15 Girls	4,000m
14:45 hrs	Senior Men	10,000m

### **Course**

Separate course maps for each race.

### **Starts**

Will be by pistol. A warning will be sounded three minutes before the start of each race.

### **Pens**

The number to the right of the County / District / Region indicates the Start Pen.

### **Number**

Must be securely attached to front of the vest with four pins

### **Chip Timing**

Athletes will need to enter the start enclosure, located at the start, up to 10 minutes before the start of their race to check that their Electronic Chip is fitted to their ankle.

### **Finish**

On finishing their race competitors will proceed through the finish area as directed, taking off their electronic chip and placing it in the receptacle provided before leaving the area. Results will be compiled by computer and be available for sale shortly after each race.

### **Notice to Competitors**

The organisers cannot be held responsible for any items left in or around the venue. Athletes are advised to leave all valuables with their Team Manager or other responsible person.