



COURSE LAPS

- Short Lap - A>B>C>D
- Long Lap - A>E>B>C>D
- Short Lap with Loop - A>F>D
- Long Lap with Loop - A>E>B>F>D
- Relay Trial Loop - A>C>D

COURSE DETAILS

- U11 Girls & Boys - 1 Short Lap, plus Start & Finish Straights
- U13 Girls & Boys - 1 Long Lap, plus Start & Finish Straights
- U15 Girls & Boys - 1 Long Lap, plus Start & Finish Straights
- U17/U20 Women - 1 Short Lap & 1 Long Lap, plus Start & Finish Straights
- U17 Men - 2 Long Laps, plus Start & Finish Straights
- U20 Men - 2 Long Laps with Loops, plus Start & Finish Straights
- Senior Women - 1 Short Lap & 2 Long Laps with Loops, plus Start & Finish Straights
- Senior Men - 3 Long Laps with Loops, plus Start & Finish Straights
- Senior Men & Women Relay Trial - 1 Relay Trial Loop, plus Start & Finish Straights

