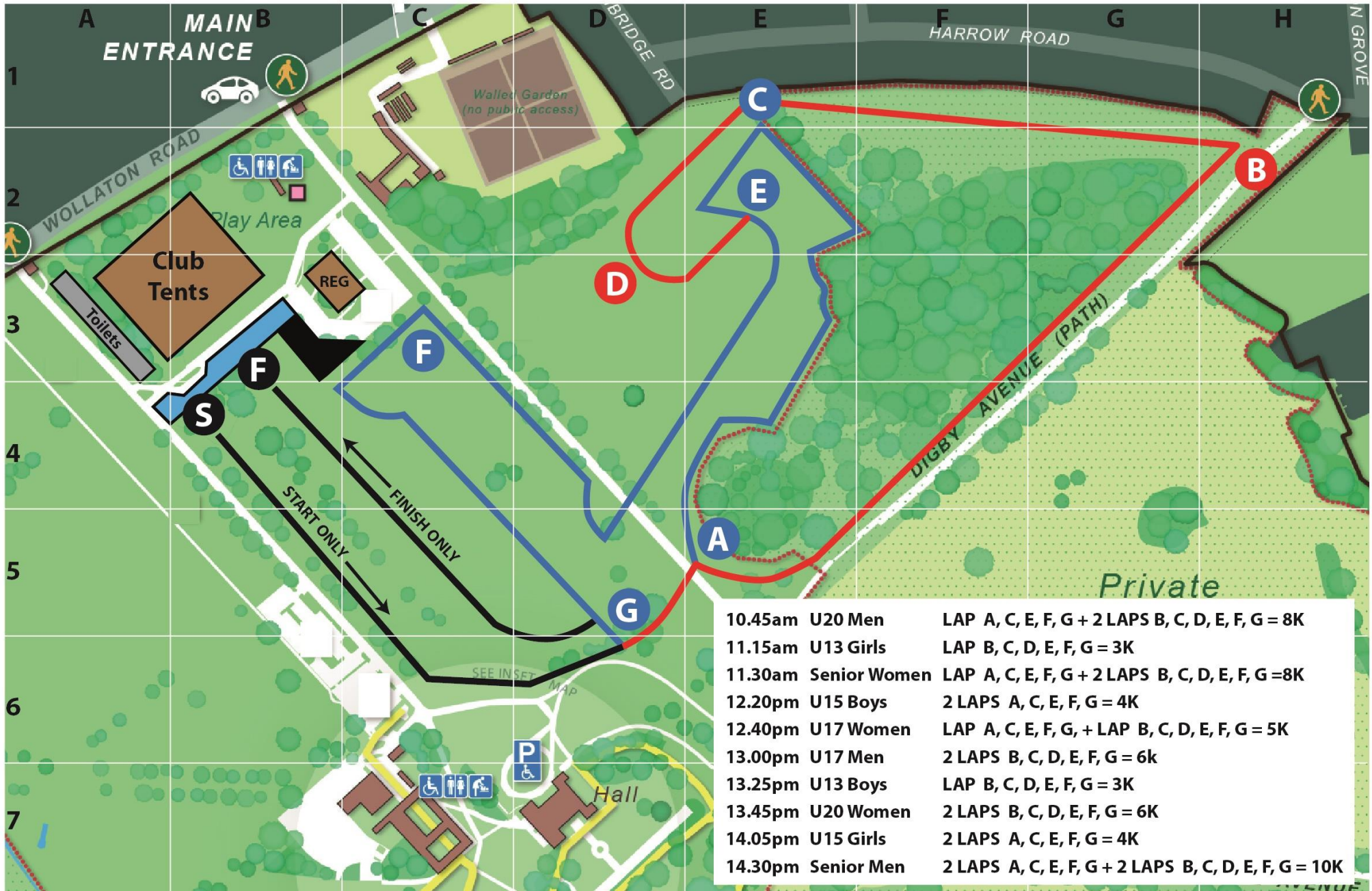


Course Map

- A, C, E, F, G = 2k
- B, C, D, E, F, G = 3k



10.45am U20 Men	LAP A, C, E, F, G + 2 LAPS B, C, D, E, F, G = 8K
11.15am U13 Girls	LAP B, C, D, E, F, G = 3K
11.30am Senior Women	LAP A, C, E, F, G + 2 LAPS B, C, D, E, F, G = 8K
12.20pm U15 Boys	2 LAPS A, C, E, F, G = 4K
12.40pm U17 Women	LAP A, C, E, F, G, + LAP B, C, D, E, F, G = 5K
13.00pm U17 Men	2 LAPS B, C, D, E, F, G = 6k
13.25pm U13 Boys	LAP B, C, D, E, F, G = 3K
13.45pm U20 Women	2 LAPS B, C, D, E, F, G = 6K
14.05pm U15 Girls	2 LAPS A, C, E, F, G = 4K
14.30pm Senior Men	2 LAPS A, C, E, F, G + 2 LAPS B, C, D, E, F, G = 10K