

Course Distances

Category	Distance	Laps	Colour Code			Laps	Colour Code	
Girls & Boys U9	750m =	1 Lap	Yellow		+			
Girls & Boys U11	1500m =	1 Lap	Green					
Girls & Boys U13	2500m =	1 Lap	Orange		+	1 Lap	Blue	
Girls & Boys U15	3500m =	1 Lap	Green		+	1 Lap	Blue	
Girls U17,U19 & Junior Women	4000m	2 Laps	Blue					
U17 Boys	5000m	2 Laps	Orange			2 Laps	Blue	
Junior Men	6000m	3 Laps	Blue					
Senior Women	8000m	4 Laps	Blue					
Senior Men	1000m	5 Laps	Blue					