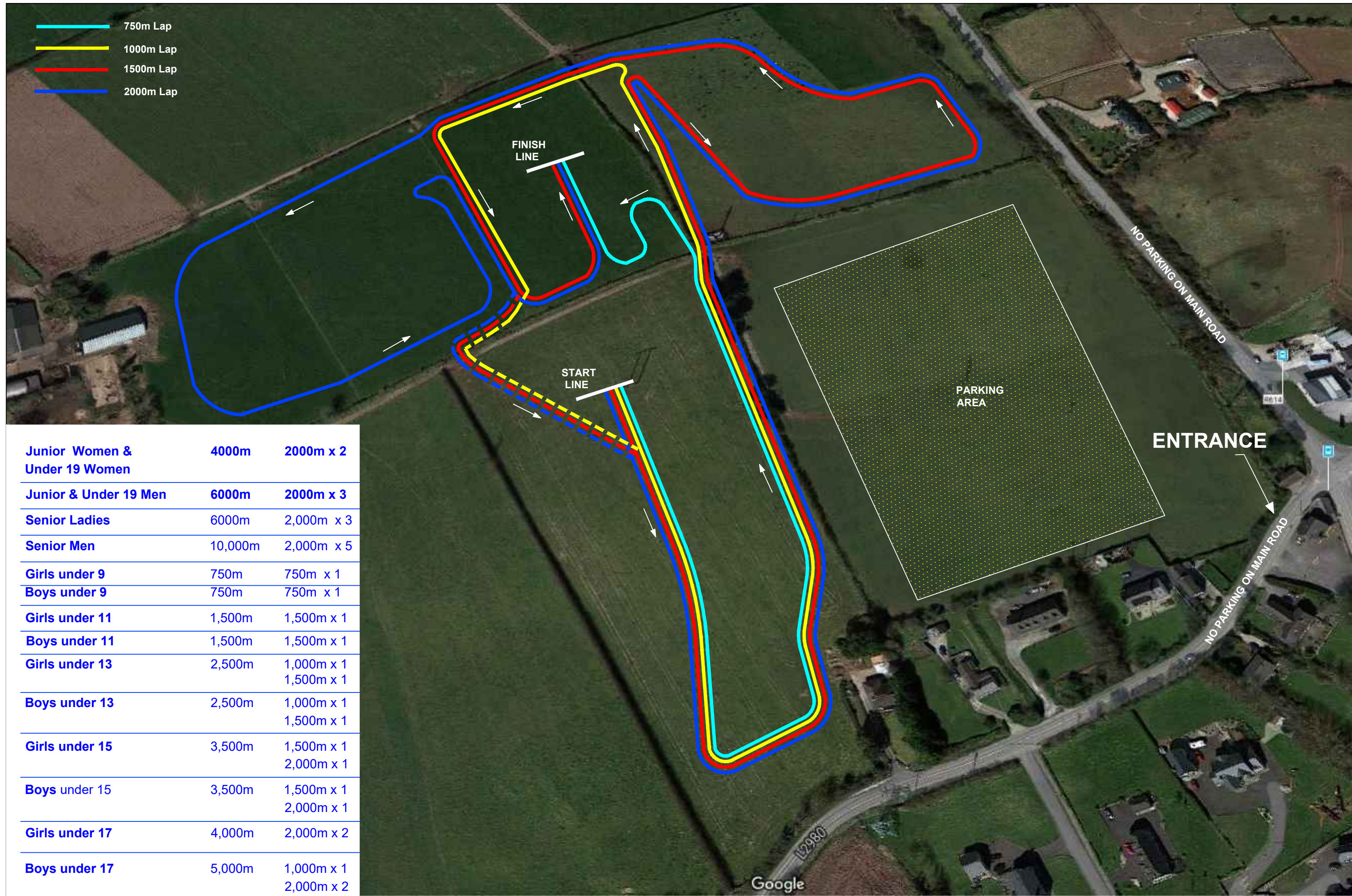


- 750m Lap
- 1000m Lap
- 1500m Lap
- 2000m Lap



<b>Junior Women &amp; Under 19 Women</b>	<b>4000m</b>	<b>2000m x 2</b>
<b>Junior &amp; Under 19 Men</b>	<b>6000m</b>	<b>2000m x 3</b>
<b>Senior Ladies</b>	6000m	2,000m x 3
<b>Senior Men</b>	10,000m	2,000m x 5
<b>Girls under 9</b>	750m	750m x 1
<b>Boys under 9</b>	750m	750m x 1
<b>Girls under 11</b>	1,500m	1,500m x 1
<b>Boys under 11</b>	1,500m	1,500m x 1
<b>Girls under 13</b>	2,500m	1,000m x 1 1,500m x 1
<b>Boys under 13</b>	2,500m	1,000m x 1 1,500m x 1
<b>Girls under 15</b>	3,500m	1,500m x 1 2,000m x 1
<b>Boys under 15</b>	3,500m	1,500m x 1 2,000m x 1
<b>Girls under 17</b>	4,000m	2,000m x 2
<b>Boys under 17</b>	5,000m	1,000m x 1 2,000m x 2