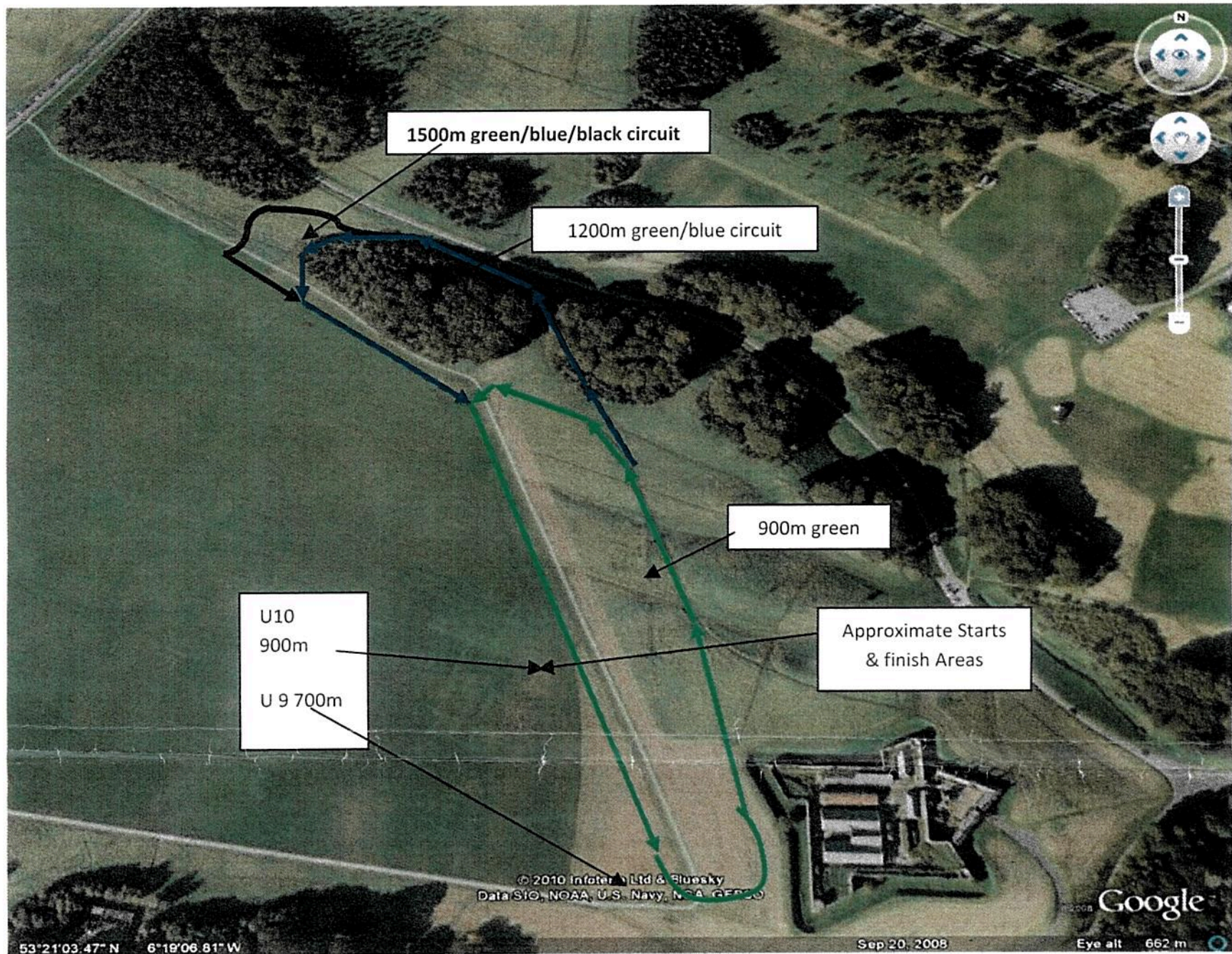


H = LAPS = GREEN

B = LAPS = GREEN + BLUE CIRCUIT

C = LAPS = GREEN/BLUE/BLACK CIRCUIT

League 4 Courses



U9's and 10's will follow the green course only with their starts at different points and same finish area.

U11's will complete 1 green/blue (1200m) circuit

U12's will complete 2 green (900m) circuits

U13's will complete 1 green (900m) circuit & 1 green/blue (1200m) circuit, starting 100m before the finish area

U14 boys & girls will complete 2 green/blue (1200m) circuits, starting 100m before the finish area.

U15's will complete 2 green/blue/black (1500m) circuits.

U16 boys, U17/18 girls (those not doing C/ships) & U19 girls will complete 3 green/blue (1200m) circuits, starting 100m beyond the finish area

U17 Boys (those not doing U18 C/ships) will complete 1 green (900m) circuit and 2 green/blue/black (1500m) circuits, starting 100m before the finish area.

U18 boys (those not doing C/ships) & U19 boys will complete 1 green (900m) circuit and 3 green/blue/black (1500m) circuits, starting 100m before the finish area.

U18 Championship – Girls 4k will complete 1 green (900m) circuit and 2 green/blue/black (1500m) circuits, starting 100m before the finish area.

U18 Championship – Boys 6K will complete 4 green/blue/black (1500m) circuits