

Age Group	Start Time	Laps	Race Distance
J13	8:00	4	16
JM15	8:00	7	28
JW15	8:00	7	28
JM17	8:00	12	48
JW17	8:00	12	48
J19 Men	9:30	18	72
J19 Women	9300	15	60
E Grade Open	11:15	9	36
D Grade Open	11:15	11	44
C Grade Open	11:15	12	48
B Grade Open	12:45	13	52
A Women	12:45	13	52
A Men	12:45	16	64