

Time	Event	Saturday 25th October 2025	Event	Distance	Laps	Comments	Points	Bell
09:00-09:55		Warm Up						
10:00	1	Under 11 Girls + Under 11 Boys	Rd 1 - Scratch	1.25km	5			
	2	Under 13 Girls	Rd 1 - Scratch	2km	8			
	3	Under 13 Boys	Rd 1 - Scratch	2km	8			
	4	Women Under 15	Rd 1 - Scratch	3km	12			
	5	Men Under 15	Rd 1 - Scratch	3km	12			
	6	Women Under 17	Rd 1 - Scratch	5km	20			
	7	Men Under 17	Rd 1 - Scratch	5km	20			
	8	Under 11 Girls + Under 11 Boys	Rd 2 - Tempo	1.25km	5	After the completion of 2 laps, the bell will be rung to indicate the start of the sprint laps.		
	9	Under 13 Girls	Rd 2 - Tempo	2km	8	After the completion of 3 laps, the bell will be rung to indicate the start of the sprint laps.		
	10	Under 13 Boys	Rd 2 - Tempo	2km	8	After the completion of 3 laps, the bell will be rung to indicate the start of the sprint laps.		
	11	Women Under 15	Rd 2 - Tempo	3km	12	After the completion of 4 laps, the bell will be rung to indicate the start of the sprint laps.		
	12	Men Under 15	Rd 2 - Tempo	3km	12	After the completion of 4 laps, the bell will be rung to indicate the start of the sprint laps.		
	13	Women Under 17	Rd 2 - Tempo	5km	20	After the completion of 4 laps, the bell will be rung to indicate the start of the sprint laps.		
	14	Men Under 17	Rd 2 - Tempo	5km	20	After the completion of 4 laps, the bell will be rung to indicate the start of the sprint laps.		
	15	Under 11 Girls + Under 11 Boys	Rd 3 - Elimination			every lap		
	16	Under 13 Girls	Rd 3 - Elimination			every lap		
	17	Under 13 Boys	Rd 3 - Elimination			every lap		
	18	Women Under 15	Rd 3 - Elimination			every 2 laps		
	19	Men Under 15	Rd 3 - Elimination			every 2 laps		
	20	Women Under 17	Rd 3 - Elimination			every 2 laps		
	21	Men Under 17	Rd 3 - Elimination			every 2 laps		
	22	Under 11 Girls + Under 11 Boys	Rd 4 - Points	1.5km	6	every 3 laps	S1, S2 = 5,3,2,1 (10 pts for lap)	4,1
	23	Under 13 Girls	Rd 4 - Points	3km	12	every 4 laps	S1, S2, S3 = 5,3,2,1 (10 pts for lap)	9,5,1
	24	Under 13 Boys	Rd 4 - Points	3km	12	every 4 laps	S1, S2, S3 = 5,3,2,1 (10 pts for lap)	9,5,1
	25	Women Under 15	Rd 4 - Points	5km	20	every 10 laps	S1, S2 = 5,3,2,1 (10 pts for lap)	11,1
	26	Men Under 15	Rd 4 - Points	5km	20	every 10 laps	S1, S2 = 5,3,2,1 (10 pts for lap)	11,1
	27	Women Under 17	Rd 4 - Points	7.5km	30	every 10 laps	S1, S2, S3 = 5,3,2,1 (10 pts for lap)	21,11,1
	28	Men Under 17	Rd 4 - Points	7.5km	30	every 10 laps	S1, S2, S3 = 5,3,2,1 (10 pts for lap)	21,11,1
12:15*		Junior Presentations and Break						
13:00-13:25*		Warm Up						
13:30*	29	Women Masters / Men Masters 8+	Rd 1 - Scratch	5km	20			
	30	Men Masters 5-7	Rd 1 - Scratch	5km	20			
	31	Men Masters 1-4	Rd 1 - Scratch	5km	20			

	32	Women Under 19/ Women Elite	Rd 1 - Scratch	7.5km	30			
	33	Men Under 19/Men Elite	Rd 1 - Scratch	7.5km	30			
	34	Women Masters / Men Masters 8+	Rd 2 - Tempo	5km	20	After the completion of 4 laps, the bell will be rung to indicate the start of the sprint laps.		
	35	Men Masters 5-7	Rd 2 - Tempo	5km	20	After the completion of 4 laps, the bell will be rung to indicate the start of the sprint laps.		
	36	Men Masters 1-4	Rd 2 - Tempo	5km	20	After the completion of 4 laps, the bell will be rung to indicate the start of the sprint laps.		
	37	Women Under 19/ Women Elite	Rd 2 - Tempo	7.5km	30	After the completion of 4 laps, the bell will be rung to indicate the start of the sprint laps.		
	38	Men Under 19/Men Elite	Rd 2 - Tempo	7.5km	30	After the completion of 4 laps, the bell will be rung to indicate the start of the sprint laps.		
	39	Women Masters / Men Masters 8+	Rd 3 - Elimination			every 2 laps		
	40	Men Masters 5-7	Rd 3 - Elimination			every 2 laps		
	41	Men Masters 1-4	Rd 3 - Elimination			every 2 laps		
	42	Women Under 19/ Women Elite	Rd 3 - Elimination			every 2 laps		
	43	Men Under 19/Men Elite	Rd 3 - Elimination			every 2 laps		
	44	Women Masters / Men Masters 8+	Rd 4 - Points	10km	40	every 10 laps	S1, S2, S3, S4 =5,3,2,1 (10 pts for lap)	31,21,11,1
	45	Men Masters 5-7	Rd 4 - Points	10km	40	every 10 laps	S1, S2, S3, S4 =5,3,2,1 (10 pts for lap)	31,21,11,1
	46	Men Masters 1-4	Rd 4 - Points	15km	60	every 10 laps (double points for final sprint)	S1 to S5=5,3,2,1 S6 =10,6,4,2 (20 pts for lap)	51,41,31,21,11,1
	47	Women Under 19/ Women Elite	Rd 4 - Points	15Km	60	every 10 laps (double points for final sprint)	S1 to S5=5,3,2,1 S6 =10,6,4,2 (20 pts for lap)	51,41,31,21,11,1
	48	Men Under 19/Men Elite	Rd 4 - Points	20Km	80	every 10 laps (double points for final sprint)	S1 to S7=5,3,2,1 S8=10,6,4,3 (20 pts for lap)	71,61,51,41,31,21,11,1
17:00*		Senior Presentations						