

Abbotstown



-  ACCESS TO WARM UP AREA
-  CHECK-IN / NUMBER PICKUP
-  REFRESHMENTS
-  PRESENTATION AREA
-  CLUB TENTS
-  1000m LAP
-  1500m LAP
-  START
-  FINISH
-  CROSSING POINTS
-  TOILETS
-  FIRST AID

Event	Distance	Course	Start Time
U11 Girls	1500m	1 	11:00
U11 Boys	1500m	1 	11:10
U13 Girls	2500m	1  1 	11:20
U13 Boys	2500m	1  1 	11:35
U15 Girls	3500m	2  1 	11:50
U15 Boys	3500m	2  1 	12:10
U17 Girls	4500m	3 	12:30
U17 Boys	4500m	3 	13:05
U19 Girls	5000m	2  2 	14:00
U19 Boys	5000m	2  2 	14:20
Novice Women	4000m	1  2 	14:40
Novice Men	6000m	4 	15:10