|  |  |  |  |
| --- | --- | --- | --- |
| 12.45 | Inter Girls | 2 long laps | 3650m |
| 12.55 before girls finish | Inter Boys | 3 medium laps | 4500m |
| 1.20 | Year 7 Boys | 1 short + 1 medium lap | 2500m |
| 1.27 before boys finish | Year 7 Girls | 1 short + 1 medium lap | 2500m |
| 1.45 | Junior Boys | 1 medium + 1 long | 3300m |
| 1.55 before boys finish | Junior Girls | 1 medium + 1 long | 3300m |
| 2.15 | Senior Girls  | 2 long laps | 3650m |
| 2.25 before girls finish | Senior Boys | 3 long laps | 5500m |

Start and finish sections are running anti clockwise – medium lap is the main red line with arrows

steps



Long lap extension

finish

Start

short

Café and

Toilets

Start and finish are near the black post in front of car park