

10.30	Senior Boys	6300m	2 Small 3 Large Laps		Small lap AJCHIA Large lap AJCDEFGHIA
10.40	Minor Girls	2250m	1 Small 1 Large		
10.50	Minor Boys	3,000m	2 Small 1 Large Laps		
11.05	Junior Girls	3,000m	2 Small 1 Large Laps		
11.20	Junior Boys	4,000m	1 Small 2 Large Laps		
11.35	Inter and Senior Girls	4,000m	1 Small 2 Large Laps		
11.50	Inter boys	5,000m	3 Large Laps		