

11:00 AM Start	Event	Course	Notes
8:00:00 AM	Course / Stadium Set up		
9:00:00 AM	Courses open for inspection and wax testing and Bib Pick Up		
10:25:00 AM	Courses closed		
11:00:00 AM	Qualifier for Senior/U20/U18 Men.	800+600=1400km	Individual Starts one every 15 seconds. *Note 2 minute break between M & W
	Senior/U20/U18 Women.	800+600=1400km	Individual Starts one every 15 seconds
12:00:00 PM	Qualifier U16 Boys then Girls .	1X 800m	Individual Starts one every 15 seconds. *Note 2 minute break between M & W
12:30:00 PM	Qualifier U14 Boys then Girls	1 X 600m	Individual Starts one every 15 seconds. *Note 2 minute break between M & W
12:45:00 PM	Final Heat - U12/U10 Boys then Girls 1 X 600 Course	1 X 600m	Note Change - No Qualifier
1:00:00 PM	U14 Boys B Final	1 X 600m	
1:05:00 PM	U14 Boys A Final	1 X 600m	Awards at Finish Line
1:10:00 PM	U14 Girls B Final	1 X 600m	
1:15:00 PM	U14 Girls A Final	1 X 600m	Awards at Finish Line
1:25:00 PM	Semi Final #1 - U16 Boys	1 X 800	
1:30:00 PM	Semi Final #2 - U16 Boys	1 X 800	
1:35:00 PM	Semi Final #3 - U16 Boys	1 X 800	
1:40:00 PM	Semi Final #1 - U16 Girls	1 X 800	
1:45:00 PM	Semi Final #2 - U16 Girls	1 X 800	
1:50:00 PM	Semi Final #3 - U16 Girls	1 X 800	
1:55:00 PM	B Final - U16 Boys	1 X 800	
2:00:00 PM	A Final - U16 Boys	1 X 800	Awards at Finish Line
2:05:00 PM	B Final - U16 Girls	1 X 800	
2:10:00 PM	A Final - U16 Girls	1 X 800	Awards at Finish Line
2:25:00 PM	Quarter Final #1 - U20/U18 Men	800 + 600 = 1400m	
2:30:00 PM	Quarter Final #2 - U20/U18 Men	800 + 600 = 1400m	
2:35:00 PM	Quarter Final #3 - U20/U18 Men	800 + 600 = 1400m	
2:40:00 PM	Quarter Final #4 - U20/U18 Men	800 + 600 = 1400m	
2:45:00 PM	Quarter Final #5 - U20/U18 Men	800 + 600 = 1400m	
2:50:00 PM	Quarter Final #1 - U20/U18 Women	800 + 600 = 1400m	
2:55:00 PM	Quarter Final #2 - U20/U18 Women	800 + 600 = 1400m	
3:00:00 PM	Quarter Final #3 - U20/U18 Women	800 + 600 = 1400m	
3:05:00 PM	Quarter Final #4 - U20/U18 Women	800 + 600 = 1400m	
3:10:00 PM	Quarter Final #5 - U20/U18 Women	800 + 600 = 1400m	
3:15:00 PM	Semi Final #1 - U20/U18 Men	800 + 600 = 1400m	
3:20:00 PM	Semi Final #2 - U20/U18 Men	800 + 600 = 1400m	
3:25:00 PM	Semi Final #1 - U20/U18 Women	800 + 600 = 1400m	
3:30:00 PM	Semi Final #2 - U20/U18 Women	800 + 600 = 1400m	
3:40:00 PM	A Final - U20/U18 Men	800 + 600 = 1400m	Awards at Finish Line
3:45:00 PM	A Final - U20/U18 Women	800 + 600 = 1400m	Awards at Finish Line