

U11 – 2km

Single lap: S-A-B-H-F



U13 Girls – 2.5km

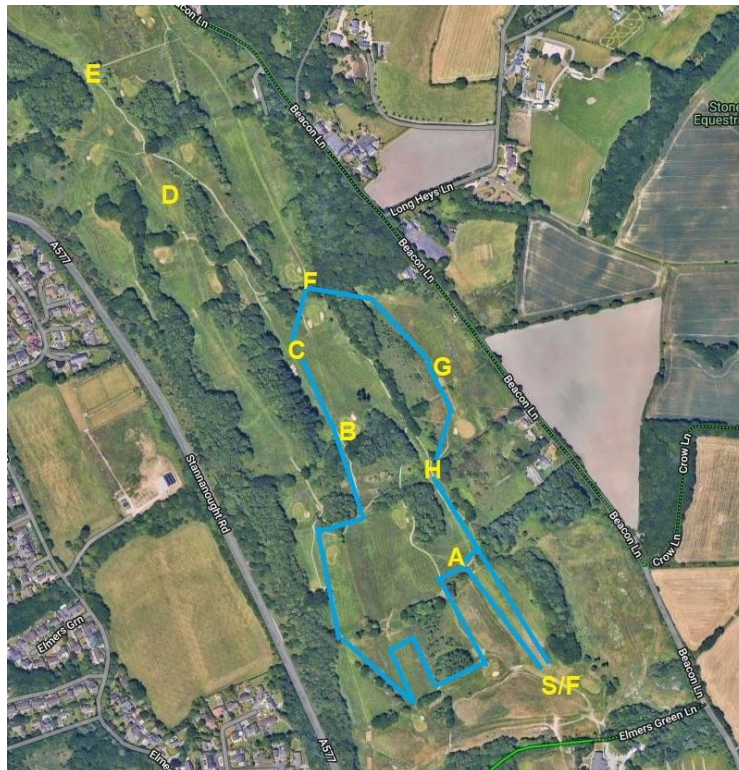
Single Lap: S-A-B-C-F-G-H-F



U15 Girls / U13 Boys – 3km
Single Lap: S-A-B-C-D-F-G-H-F



U17 Girls / U15 Boys – 4km
2 Lap S-2x(A-B-C-F-G-H)-F



Senior W / U17 Boys – 6km

2 Laps: S-(A-B-C-D-F-G-H)-(A-B-C-D-E-F-G-H)-F



Senior M – 10km

3 Laps: S-(A-B-C-D-E-F-G-H)-F

