

SYCAA League 13/10/2019

Order & Timing of Events for Norfolk Park Fixture

Event No.	Age Group	Proposed Laps	Approx distance	Time	
1	Girls 8, 9,10	1 Small (red)	1500m	11.00	start
2	Boys 8, 9, 10	1 Small (red)	1500m	11.10	approx
3	Girls Under 13	2 Small (red)	3000m	11.15	approx
4	Girls Under 15	2 Small (red)	3000m	11.25	approx
5	Boys Under 13	2 Medium (blue)	3500m	11.35	approx
6	Boys Under 15	2 Large (green)	4200m	11.50	approx
7	Ladies Under 17	1 Small, 1 Large	3600m	12.00	start
	Ladies Over 17	1 Small, 2 Large	5700m	12.00	start
	Men 65 and Over	1 Small, 2 Large	5700m	12.00	start
8	Men Under 17	1 Medium, 2 Large	5950m	12.30	start
	Men Over 17	1 Medium, 3 Large	8050m	12.30	start

- Races will be started before the conclusion of the preceding events
- The programme of events should be complete by 13.30
- Events 7, 8 & 11 will start together, as will events 9 & 10