

**SYCAA League Graves Park
Possible Laps + Order & Timing of Events**

| Event No. | Age Group | Laps | Approximate Distance | Time |
|-----------|-----------------|------------------------------|----------------------|--------------|
| 1 | Men Under 17 | Large lap x2 Small lap x1 | 6500m | 11.00 Start |
| | Men Over 17 | Large lap x4 | 10000m | |
| 2 | Ladies Under 17 | Small lap x1 Large lap x1 | 4000m | 11.45 Approx |
| | Ladies Over 17 | Small lap x1 Large lap x2 | 6500m | |
| | Men 65 and Over | Small lap x1 Large lap x2 | 6500m | |
| 3 | U15 Boys | Small lap x1 Large lap x1 | 4000m | 12.15 Approx |
| 4 | U15 Girls | Small lap x2 | 3000m | 12.30 Approx |
| 5 | U13 Boys | Small lap x2 | 3000m | 12.40 Approx |
| 6 | U13 Girls | Large lap x1 | 2500m | 12.50 Approx |
| 7 | U11 Boys | Small lap x1 | 1500m | 13.00 Approx |
| 8 | U11 Girls | Small lap x1 | 1500m | 13.05 Approx |

- Races will be started before the conclusion of the preceding events
- The programme of events should be complete by 13.30
- Under 17 Men and Over 17 Men run together in event 1
- Under 17 Ladies/Over 17 Ladies and V65 Men run together in event 2