

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

Event No.	Age Group	Laps	Approximate Distance	Time
1	Men Under 17	Start-A-B-C-D-E-F-G (x2) - A-B-D-E-G-Finish	6400m	11.00 Start
	Men Over 17	Start-A-B-C-D-E-F-G (x4) - Finish	10000m	
2	Ladies Under 17	Start-A-B-D-E-F-G (x2) - Finish	4000m	11.45 Approx
	Ladies Over 17	Start-A-B-D-E-F-G (x3) - Finish	6000m	
	Men 65 and Over	Start-A-B-D-E-F-G (x3) - Finish	6000m	
3	U15 Boys	Start-A-B-D-E-F-G (x2) - Finish	4000m	12.15 Approx
4	U15 Girls	Start-A-B-D-E-G (x2) -Finish	2800m	12.30 Approx
5	U13 Boys	Start-A-B-D-E-G-A-B-D-E-F- G-Finish	3400m	12.40 Approx
6	U13 Girls	Start-A-B-D-E-G (x2) -Finish	2800m	12.50 Approx
7	U11 Boys	Start-A-B-D-E-G-Finish	1400m	13.00 Approx
8	U11 Girls	Start-A-B-D-E-G-Finish	1400m	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