

SYCAA League 1 15/10/23
Order & Timing of Events for Clifton Park

Event No.	Age Group	Laps	Approx distance	Time	
1	Girls 8, 9,10	Medium x1	1500m	11.00	start
2	Boys 8, 9, 10	Medium x1	1500m	11.05	approx
3	Girls Under 13	Medium x2	3000m	11.10	approx
4	Girls Under 15	Medium x2	3000m	11.20	approx
5	Boys Under 13	Medium x1 (first) Long x1	3500m	11.30	approx
6	Boys Under 15	Long x2	4000m	11.45	approx
	Ladies Under 17	Long x2	4000m	11.45	approx
7	Ladies Over 17	Medium x2 (first) Long x1	5000m	12.00	start
	Men 65 and Over	Medium x2 (first) Long x1	5000m	12.00	start
8	Men Under 17	Long x3	6000m	12.30	start
	Men Over 17	Long x4	8000m	12.30	start

- Races will be started before the conclusion of the preceding events
- The programme of events should be complete by 13.30