

**SYCAA League Graves Park
Sunday 10th December
Laps + Order & Timing of Events**

Event No.	Age Group	Laps	Approximate Distance	Time
1	U11 Girls	Small lap x1	1500m	11.00 Start
2	U11 Boys	Small lap x1	1500m	11.05 Approx
3	U13 Girls	Large lap x1	2500m	11.10 Approx
4	U13 Boys	Small lap x2	3000m	11.20 Approx
5	U15 Girls	Small lap x2	3000m	11.35 Approx
6	U15 Boys	Small lap x1 Large lap x1	4000m	11.45 Approx
7	Ladies Under 17	Small lap x1 Large lap x1	4000m	12.00 Approx
	Ladies Over 17	Small lap x1 Large lap x2	6500m	
	Men 65 and Over	Small lap x1 Large lap x2	6500m	
8	Men Under 17	Large lap x2 Small lap x1	6500m	12.30 Approx
	Men Over 17	Large lap x4	10000m	

- 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 8
- Under 17 Ladies/Over 17 Ladies and V65 Men run together in event 7

