

SYCAA League Longley Park Possible Laps + Order & Timing of Events				
Event No.	Age Group	Laps	Approximate Distance	Time
1	U11 Girls	Start-A-B-D-E-G-Finish	1400m	11.00
2	U11 Boys	Start-A-B-D-E-G-Finish	1400m	11.05 Approx
3	U13 Girls	Start-A-B-D-E-G (x2) -Finish	2800m	11.10 Approx
4	U15 Girls	Start-A-B-D-E-G (x2) -Finish	2800m	11.20 Approx
5	U13 Boys	Start-A-B-D-E-G-A-B-D-E-F-G-Finish	3250m	11.30 Approx
6	U15 Boys	Start-A-B-D-E-F-G (x2) - Finish	3700m	11.45 Approx
7	Ladies Under 17	Start-A-B-D-E-F-G (x2) - Finish	3700m	12.00 Approx
	Ladies Over 17	Start-A-B-D-E-F-G (x2)-A-B-C-D-E-F-G-Finish	6200m	
	Men 65 and Over	Start-A-B-D-E-F-G (x2)-A-B-C-D-E-F-G-Finish	6200m	
8	Men Under 17	Start-A-B-C-D-E-F-G (x2) - A-B-D-E-G-Finish	6400m	12.30 Approx
	Men Over 17	Start-A-B-C-D-E-F-G (x4) - Finish	10000m	

- Races will be started before the conclusion of the preceding events
- The programme of events should be complete by 13.30
- Under 17 Ladies/Over 17 Ladies and V65 Men run together in event 7
- Under 17 Men and Over 17 Men run together in event 8