

Novice, Junior & Juvenile Even Ages

Age Group	Distance	Start Time	Duration of Race (minutes)
Girls u/12	2,000m	11.30	15
Boys u/12	2,000m	11.45	10
Girls u/14	3,000m	11.55	15
Boys u/14	3,000m	12.10	15
Girls u/16	4,000m	12.25	20
Boys u/16	4,000m	12.45	15
Combined Junior Women & Girls u/18	4,000m	13.00	20
Combined Junior Men & Boys u/18	6,000m	13.20	25
Novice Women	4,000m	13.45	25
Novice Men	6,000m	14.10	25