

Senior & Juvenile Uneven Ages

| Age Group | Distance | Start Time | Duration of Race (minutes) |
|------------------|-----------------|-------------------|-----------------------------------|
| Girls u/11 | 1,500m | 11.30 | 15 |
| Boys u/11 | 1,500m | 11.45 | 10 |
| Girls u/13 | 2,500m | 11.55 | 15 |
| Boys u/13 | 2,500m | 12.10 | 15 |
| Girls u/15 | 3,500m | 12.25 | 20 |
| Boys u/15 | 3,500m | 12.45 | 20 |
| Girls u/17 | 4,000m | 13.05 | 20 |
| Boys u/17 | 5,000m | 13.25 | 25 |
| Girls u/19 | 4,000m | 13.50 | 20 |
| Boys u/19 | 6,000m | 14.10 | 25 |
| Senior Women | 5,000m | 14.35 | 25 |
| Senior Men | 10,000m | 15.00 | 40 |