

**Senior & Juvenile Uneven Ages**

<b>Age Group</b>	<b>Distance</b>	<b>Start Time</b>	<b>Duration of Race (minutes)</b>
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