



Race Timetable

Race No.	Time	Event No.	Category	Distance	
1	1000	44	Boys J10	2 mins	3
		43	Boys J11	2 mins	3
		49	Girls J11	2 mins	1
		42	Boys J12	2 mins	2
		48	Girls J12	2 mins	5
2	1010	41	Boys J13	3 mins	10
		47	Girls J13	3 mins	6
					16
3	1020	40	Boys J14	4 mins	5
4	1030	46	Girls J14	4 mins	16
5	1040	39	Boys J15	5 mins	8
		45	Girls J15	5 mins	10
					18
6	1050	10	Men J16	2000m	8
		29	Women J16	2000m	3
		19	Men J18 Lwt	2000m	5
		38	Women J18 Lwt	2000m	1
					17
7	1110	9	Men J18 Hwt	2000m	7
		28	Women J18 Hwt	2000m	3
					10

Medal Ceremony 1

Races 1-7

Events 9, 10, 19, 28, 29, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48

8	1200	13	Men 30+ Lwt	2000m	4
		14	Men 40+ Lwt	2000m	2
		15	Men 50+ Lwt	2000m	4
		16	Men 60+ Lwt	2000m	4
		17	Men 70+ Lwt	2000m	1
		8	Men 80+ Hwt	2000m	1
					16
9	1220	32	Women 30+ Lwt	2000m	2
		33	Women 40+ Lwt	2000m	1
		36	Women 70+ Lwt	2000m	1
		22	Women 30+ Hwt	2000m	4
		23	Women 40+ Hwt	2000m	3
		24	Women 50+ Hwt	2000m	1
					12

10	1240	11	Men Open Lwt	2000m	4
		12	Men U23 Lwt	2000m	3
		30	Women Open Lwt	2000m	1
		31	Women U23 Lwt	2000m	3
					11

11	1300	3	Men 30+ Hwt	2000m	11
		6	Men 60+ Hwt	2000m	4
					15

Medal Ceremony 2

Races 8-11

Events 3, 6, 8, 11, 12, 13, 14, 15, 16, 17, 22, 23, 24, 30, 31, 32, 3

12	1400	4	Men 40+ Hwt	2000m	6
		5	Men 50+ Hwt	2000m	5
					11

13	1420	20	Women Open Hwt	2000m	2
		21	Women U23 Hwt	2000m	8
					10

14	1440	1	Men Open Hwt	2000m	9
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15	1500	2	Men U23 Hwt	2000m	10
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Medal Ceremony 3

Races 12-15

Events 1, 2, 4, 5, 20, 21