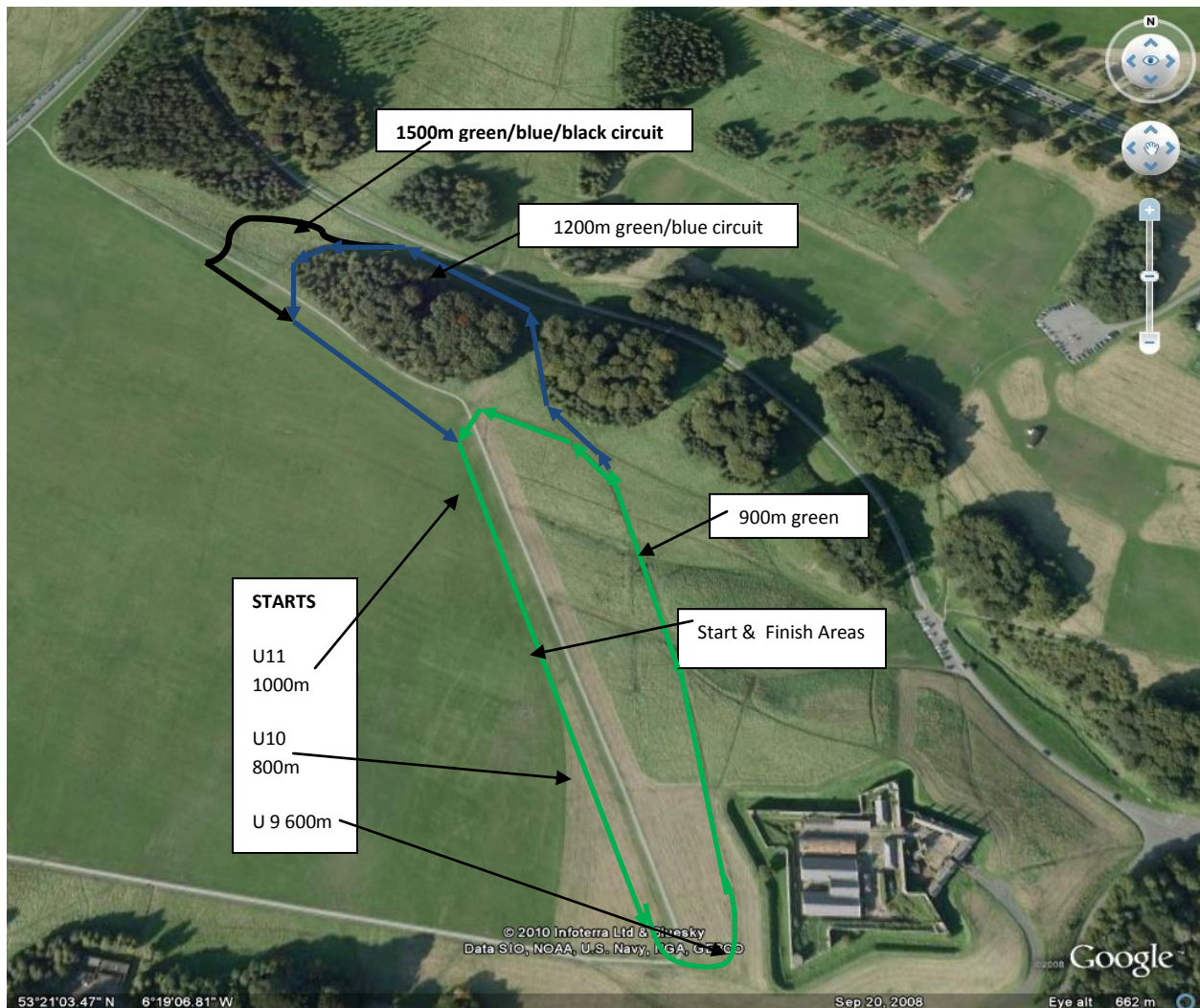


## Juvenile League 3 & Novice Championships – Sunday 5<sup>th</sup> Oct 2014



U9's (600m), 10's (800m) and 11's (1000m) will follow the green course only with their starts at different points and same finish area.

U12's will complete 1 green/black (1500m) circuit. Starting and finishing in the same area.

U13's will complete 2 green (900m) circuits less 100m. Start 100m beyond the finish area.

U14's will complete 1 green (900m) circuit & 1 green/blue (1200m) circuit less 100m. Start 100m beyond the finish area

U15's will complete 2 green/blue (1200m) circuits + 100m. Start 100m before the finish area.

U16 boys & U16/17/18 & 19 girls will complete 2 green/blue/black (1500m) circuits.

U17 boys will complete 3 green/blue (1200m) circuits less 100m. Start 100m beyond the finish area

U18/19 boys will complete 3 green/blue (1200m) circuits and 1 green/blue/black (1500m) minus 100m an. Start 100m beyond the finish area.

Novice Women will complete 2 green/blue/black (1500m) circuits and Novice Men will complete 4 green/blue/black (1500m) circuits