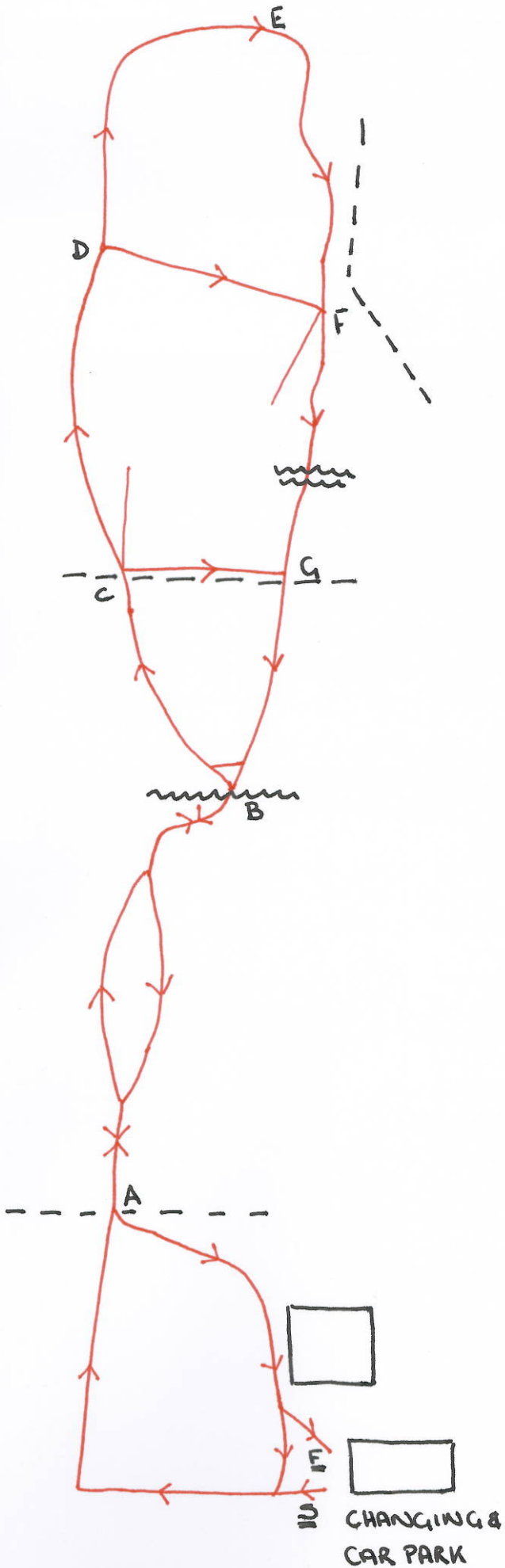


NDCCL - Thursday 31/10/09



U11Girls 1.15pm 1400m
Start-A-B-A-Finish

U11Boys 1.20pm 1400m
Start-A-B-A-Finish

U13Girls 1.25pm 3100m
Start-A-B-C-G-B-C-D-F-G-B-A-Finish

U13Boys 1.35pm 3100m
Start-A-B-C-G-B-C-D-F-G-B-A-Finish

U15Girls/U17 Women 1.45pm 4900m
Start-A-B-C-D-F-G-B-A-Lap Field -
A-B-C-D-F-G-B-A-Finish

U15Boys 2.00pm 4900m
Start-A-B-C-D-F-G-B-A-Lap Field -
A-B-C-D-F-G-B-A-Finish

Senior Women 2.15pm 6150m
Start- A-B-C-D-E-F-G-B-A-Lap Field-
A-B-C-D-E-F-G-B-A-Finish (2 big laps)

U17Men 2.30pm 6150m
Start- A-B-C-D-E-F-G-B-A-Lap Field-
A-B-C-D-E-F-G-B-A-Finish (2 big laps)

Senior Men 2.30pm 9200m
Start- A-B-C-D-E-F-G-B-A-Lap Field-
A-B-C-D-E-F-G-B-A-Lap Field-
A-B-C-D-E-F-G-B-A-Finish (3 big laps)