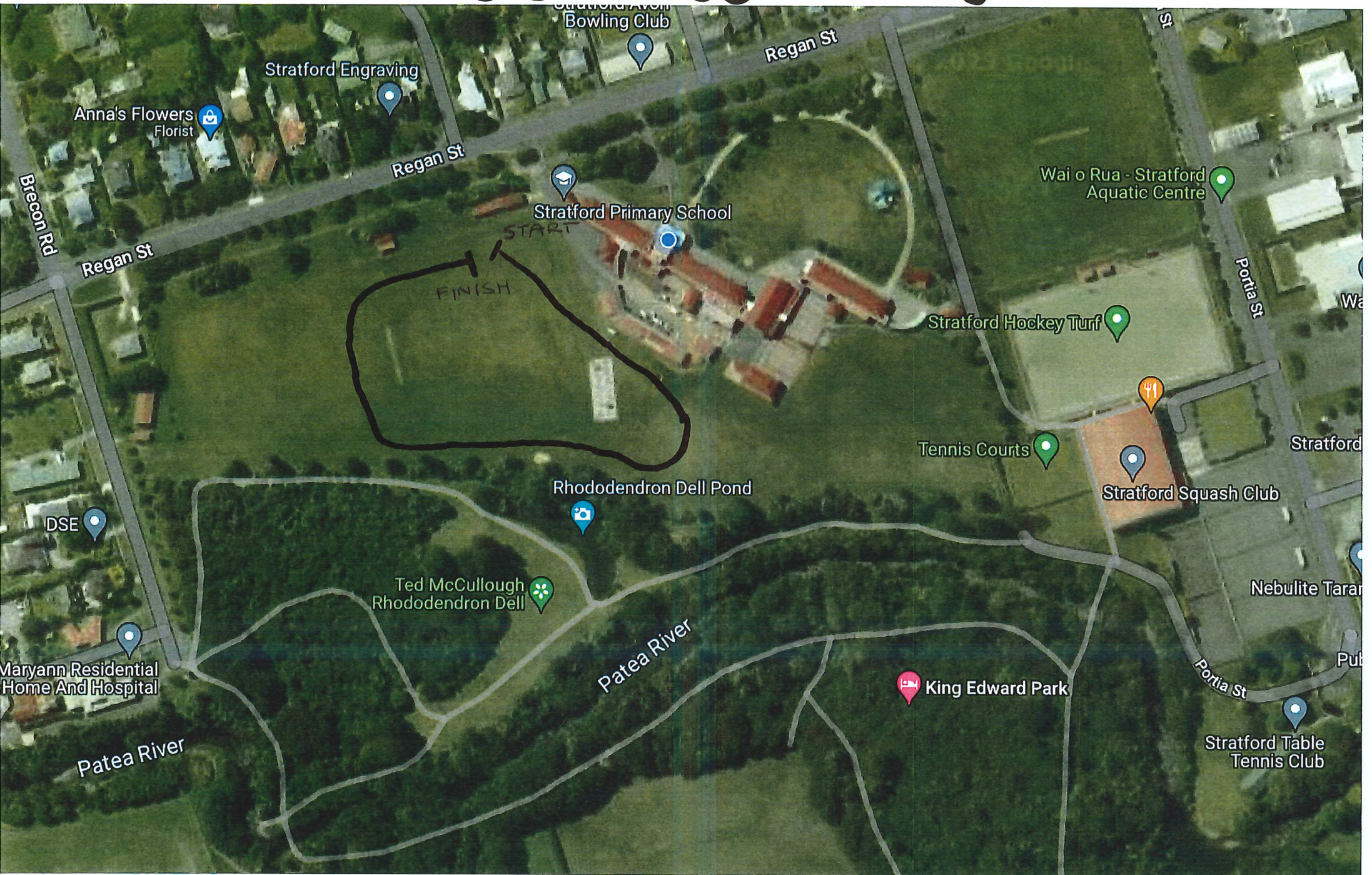


400metres

5 year olds



600metres

6year olds



1km

7 year olds



2km 9 & under, 10 year olds



3km 11, 12, 13 yr olds

--- First lap

— Second lap

