



- Athletes can only compete in 1 nominated age category.
- Breaks will result in a penalty of:
 - Distance Run – 15s
 - Sprints – 2m
 - Flags – 1m
- Prize money will be calculated and distributed after the Round 3 event.

DISTANCE RUNS	SPRINTS	FLAGS
6:45am MARSHALLING	7:45am MARSHALLING	MARSHALLING after Sprints
<p>ROUND 1</p> <p>U13 M/F – 1km Masters M/F – 1km Youth M/F – 1km U17 M/F – 1km Open M/F – 1km</p> <p>ROUND 2</p> <p>U13 M/F – 500m Masters M/F – 500m Youth M/F – 500m U17 M/F – 500m Open M/F – 500m</p> <p>ROUND 3</p> <p>U13 M/F – 1km Masters M/F – 1km Youth M/F – 1km U17 M/F – 1km Open M/F – 1km</p> <p>ROUND 4</p> <p>U17 M/F – 500m Open M/F – 500m</p>	<p>ROUND 1</p> <p>U13 M/F 50m Sprint Masters M/F 50m Sprint Youth M/F 70m Sprint U17 M/F 70m Sprint Open M/F 70m Sprint</p> <p>ROUND 2</p> <p>U13 M/F 50m Sprint Masters 50m Sprint Youth M/F 70m Sprint U17 M/F 70m Sprint Open M/F 70m Sprint</p> <p>ROUND 3</p> <p>U13 M/F 60m Sprint Masters M/F 60m Sprint Youth M/F 80m Sprint U17 M/F 80m Sprint Open M/F 80m Sprint</p> <p>FINAL</p> <p>U13 M/F 70m Sprint Masters M/F 70m Sprint Youth M/F 90m Sprint U17 M/F 90m Sprint Open M/F 90m Sprint</p>	<p>U13 M/F Flags Masters M/F Flags Youth M/F Flags U17 M/F Flags Open M/F Flags</p>