- 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**
ROUND 1	**ROUND 1**	U13 M/F Flags
U13 M/F – 1.5km	U13 M/F 50m Sprint	Masters M/F Flags
Masters M/F – 1.5km	Masters M/F 50m Sprint	Youth M/F Flags
Youth M/F – 1.5km	Youth M/F 70m Sprint	U17 M/F Flags
U17 M/F – 1.5km	U17 M/F 70m Sprint	Open M/F Flags
Open M/F – 1.5km	Open M/F 70m Sprint	
ROUND 2	**ROUND 2**	
U13 M/F – 1km	U13 M/F 60m Sprint	
Masters M/F – 1km	Masters 60m Sprint	
Youth M/F – 1km	Youth M/F 70m Sprint	
U17 M/F – 1km	U17 M/F 70m Sprint	
Open M/F – 1km	Open M/F 70m Sprint	
ROUND 3	**ROUND 3**	
U13 M/F – 500m	U13 M/F 60m Sprint	
Masters M/F – 500m	Masters M/F 60m Sprint	
Youth M/F – 500m	Youth M/F 80m Sprint	
U17 M/F – 500m	U17 M/F 80m Sprint	
Open M/F – 500m	Open M/F 80m Sprint	
ROUND 4	**FINAL**	
U17 M/F – 500m	U13 M/F 70m Sprint	
Open M/F – 500m	Masters M/F 70m Sprint	
	Youth M/F 90m Sprint	
	U17 M/F 90m Sprint	
	Open M/F 90m Sprint	