



- 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
7:45am MARSHALLING ROUND 1 U13 M/F – 1.5km Youth M/F – 2.5km Masters M/F – 2.5km U17 M/F – 3km Open M/F – 3km	8:45am MARSHALLING ROUND 1 U13 M/F 40m Sprint Masters M/F 40m Sprint Youth M/F 50m Sprint U17 M/F 50m Sprint Open M/F 50m Sprint ROUND 2 U13 M/F 50m Sprint Masters 50m Sprint Youth M/F 60m Sprint U17 M/F 60m Sprint Open M/F 60m Sprint ROUND 3 U13 M/F 60m Sprint Masters M/F 60m Sprint Youth M/F 70m Sprint U17 M/F 70m Sprint Open M/F 70m Sprint FINAL U13 M/F 70m Sprint Masters M/F 70m Sprint Youth M/F 80m Sprint U17 M/F 80m Sprint Open M/F 80m Sprint	MARSHALLING after sprints U13 M/F Flags Masters M/F Flags Youth M/F Flags U17 M/F Flags Open M/F Flags