



Basic Schedule

| Race | Distance | Start |
|------|---|---------|
| 1 | 5 km | 12.40pm |
| | (1 lap) | |
| | <ul style="list-style-type: none"> Senior Women Masters Women 35 Masters Women 50 Masters Women 60 Masters Women 70 Masters Men 60 Masters Men 70 Men Under 20 Men 20-59 Non-championship 5k | |
| 2 | 3.5 km | 1.30pm |
| | <ul style="list-style-type: none"> Women Under 20 Women Under 18 Girls Under 16 Men Under 18 Boys Under 16 | |
| 3 | 1.6 km | 2.00pm |
| | <ul style="list-style-type: none"> Boys Under 14 Boys Under 12 | |
| 4 | 1.6km | 2.15pm |
| | <ul style="list-style-type: none"> Girls Under 14 Girls Under 12 | |
| 5 | 10 km | 2.30pm |
| | (2 laps) | |
| | <ul style="list-style-type: none"> Senior Men Masters Men 35 Masters Men 50 Women 20+ Non-championship 10k | |