

500m LAP **800m LAP** **1,000m LAP**

Girls and boys under 10	800m	1 x yellow lap
Girls and boys under 12	2,000m	2 x blue laps
Girls and boys under 14	3,000m	3 x blue laps
Girls and boys under 16	4,000m	2 x red laps followed by 3 x blue laps
Girls under 18	4,000m	2 x red laps followed by 3 x blue laps
Boys under 18	6,000m	2 x red laps followed by 5 x blue laps
Novice women	4,000m	2 x red laps followed by 3 x blue laps
Novice men	6,000m	2 x red laps followed by 5 x blue laps

