

Start Wave	Scheduled Start Time	Class	Ages	Distance	Number of Laps
1	9:00	MJ6	Boys Age 1-7	1 km	1
1	9:00	FJ6	Girls Age 1-7	1 km	1
2	9:05	MJ5	Boys Age 8-9	1.3 km	1
3	9:07	FJ5	Girls Age 8-9	1.3 km	1
4	9:15	MJ4	Boys Age 10-11	2 km	1
5	9:25	FJ4	Girls Age 10-11	2 km	1
6	9:50	MJ3	Boys Age 12-13	3 km	2
7	10:00	FJ3	Girls Age 12-13	3 km	2
8	10:10	MNovice	Boy Novice	3 km	2
9	10:15	FNovice	Girl Novice	3 km	2
10	11:00	MJ2	Boys Age 14-15	5 km	1
11	11:25	FJ2	Girls Age 14-15	5 km	1
12	11:55	FJ1	Girls Age 16-17	10 km	2
12	11:55	FOJ	Girls Age 18-19	10 km	2
13	12:45	MJ1	Boys Age 16-17	15 km	3
13	12:45	MOJ	Boys Age 18-19	15 km	3

Total