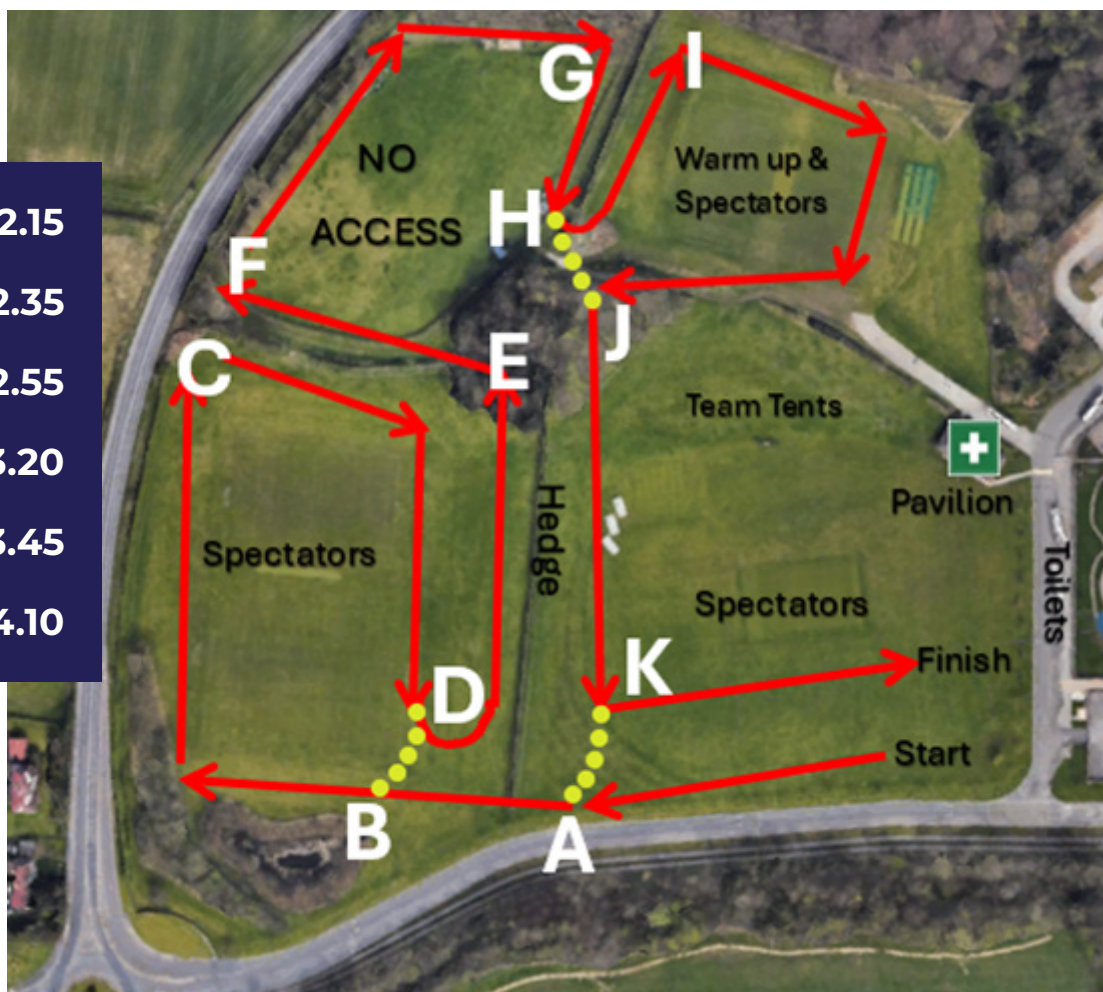


National Finals Races @ GSAL

Junior Girls	12.15
Junior Boys	12.35
Inter Girls	12.55
Inter Boys	13.20
Senior Girls	13.45
Senior Boys	14.10



JUNIOR GIRLS & BOYS	Points	Distance
Lap 1	Start - A, B, C, D	650m
Lap 2	D, B, C, D, E, F, G, H, I, J, K, finish	1790m
		2440m

INTER GIRLS	Points	Distance
Lap 1	Start - A, B, C, D, E, F, G, H, J, K	1440m
Lap 2	K, A, B, C, D, E, F, G, H, J, K, finish	1440m
		2880m

INTER BOYS	Points	Distance
Lap 1	Start - A, B, C, D	650m
Lap 2	D, B, C, D, E, F, G, H, I, J, K	1650m
Lap 3	K, A, B, C, D, E, F, G, H, I, J, K, finish	1790m
		4090m

SENIOR GIRLS	Points	Distance
Lap 1	Start - A, B, C, D, E, F, G, H, J, K	1440m
Lap 2	K, A, B, C, D, E, F, G, H, I, J, K, finish	1790m
		3230m

SENIOR BOYS	Points	Distance
Lap 1	Start - A, B, C, D, E, F, G, H, I, J, K	1790m
Lap 2	K, A, B, C, D, E, F, G, H, I, J, K	1650m
Lap 3	K, A, B, C, D, E, F, G, H, I, J, K - finish	1790m
		5230m

