

## MNSS Cross Country 10-19 Years Regional Selection Trial Order of Events

Time (approx.)				
<b>7:30</b>	Regional Officials Meeting			
<b>8:20</b>	Course Closed - 15min Marshall call			
Start	Age Group	Gender	Distance	
<b>8:30</b>	18-19 Years	Boys	<b>8km</b>	<b>4 laps - 2km course</b>
<b>9:00</b>	18-19 Years	Girls	<b>6km</b>	<b>3 laps –2km course</b>
<b>9:25</b>	16-17 Years	Boys	<b>6km</b>	<b>3 laps - 2km course</b>
<b>9:50</b>	16-17 Years	Girls	<b>4km</b>	<b>2 laps - 2km course</b>
<b>10:15</b>	14-15 Years	Boys	<b>4km</b>	<b>2 laps - 2km course</b>
<b>10:35</b>	14-15 Years	Girls	<b>4km</b>	<b>2 laps - 2km course</b>
<b>10:55</b>	10-12 Years Multi-Class	Combined	<b>2km</b>	<b>1 lap – 2km course</b>
<b>11:15</b>	10 Years	Boys	<b>2km</b>	<b>1 lap – 2km course</b>
<b>11:25</b>	10 years	Girls	<b>2km</b>	<b>1 lap – 2km course</b>
<b>11:40</b>	13-19 Years Multi-Class	Combined	<b>3km</b>	<b>2 laps – 1.5km course</b>
<b>12:00</b>	11 Years	Boys	<b>3km</b>	<b>2 laps – 1.5km course</b>
<b>12:15</b>	11 Years	Girls	<b>3km</b>	<b>2 laps – 1.5km course</b>
<b>12:35</b>	12 Years	Boys	<b>3km</b>	<b>2 laps – 1.5km course</b>
<b>12:50</b>	12 Years	Girls	<b>3km</b>	<b>2 laps – 1.5km course</b>
<b>1:05</b>	13 Years	Boys	<b>3km</b>	<b>2 laps – 1.5km course</b>
<b>1:20</b>	13 Years	Girls	<b>3km</b>	<b>2 laps – 1.5km course</b>