

MNSS Cross Country 10-19 Years Regional Selection Trial Order of Events				
Time (approx.)	Age Group	Gender	Distance	
8:00	Officials Meeting			
8:25	Course Closed			
8:30	18-19 Years	Boys	8km	4 laps - 2km course
9:00	18-19 Years	Girls	6km	3 laps – 2km course
9:25	16-17 Years	Boys	6km	3 laps - 2km course
9:50	16-17 Years	Girls	4km	2 laps - 2km course
10:15	14-15 Years	Boys	4km	2 laps - 2km course
10:35	14-15 Years	Girls	4km	2 laps - 2km course
10:55	10-12 Years Multi-Class	Combined	2km	1 lap – 2km course
11:15	10 Years	Boys	2km	1 lap – 2km course
11:25	10 years	Girls	2km	1 lap – 2km course
11:40	13-19 Years Multi-Class	Combined	3km	2 laps – 1.5km course
12:00	11 Years	Boys	3km	2 laps – 1.5km course
12:15	11 Years	Girls	3km	2 laps – 1.5km course
12:35	12 Years	Boys	3km	2 laps – 1.5km course
12:50	12 Years	Girls	3km	2 laps – 1.5km course
1:05	13 Years	Boys	3km	2 laps – 1.5km course
1:20	13 Years	Girls	3km	2 laps – 1.5km course