

Item	Start Time	Age Categories	Abbreviations
1	07:30 – M M 35+	Men 35-39; Men 40-44; Men 45-49; Men 50-54; Men 55-59	M35/8-55/8
2 (a)	08:10 – M W 35+	Women 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90+	W35/4-90/4
2 (b)	08:10 – M M 75+	Men 75-79; Men 80-84; Men 85-89; Men 90+	M75/4-90/4
3	08:40 – M M 60+	Men 60-64; Men 65-69; Men 70-74;	M60/6 or M65-70/
4	09:10 – J W	Junior Women (2002/2003) (Select Event)	JW/6
5	09:40 – J M	Junior Men (2002/2003) (Select Event)	JM/8
6	10:15 – S W	Senior Women (Select Event)	SW/10
7	10:55 – S M	Senior Men (Select Event)	SM/10
8	11:40 – G 16	Girls 16 years (2005); (Select Event)	G16/4
9	12:05 – B 16	Boys 16 years (2005); (Select Event)	B16/6
10	12:35 – G 17	Girls 17 years (2004) (Select Event)	G17/4
11	13:00 – B 17	Boys 17 years (2004) (Select Event)	B17/6
12	13:35 – G 10	Girls 10 years (2011)	G10/2
13	13:45 – B 10	Boys 10 years (2011)	B10/2
14	13:55 – G 11	Girls 11 years (2010)	G11/3
15	14:10 – B 11	Boys 11 years (2010)	B11/3
16	14:25 – G 12	Girls 12 years (2009)	G12/3
17	14:40 – B 12	Boys 12 years (2009)	B12/3
18	14:35 – G 13	Girls 13 years (2008)	G13/3
19	14:50 – B 13	Boys 13 years (2008)	B13/4
20	15:10 – G 14	Girls 14 years (2007)	G14/4
21	15:30 – B 14	Boys 14 years (2007)	B14/4
22	15:55 – G 15	Girls 15 years (2006)	G15/4
23	16:15 – B 15	Boys 15 years (2006)	B15/4
	16:40 – SW 23	Senior Women; Women U/23 (2005/2004/2003/2002/2001 and Seniors)	SW/4, W23/4
	17:00 – SM 23	Senior Men; Men U/23 (2005/2004/2003/2002/2001 and Seniors)	SM/4, M23/4
	**	Covid Protocol regarding Victory Ceremonies to be communicated at technical meeting	