







Start at 

Finish at 

Short lap (500m) 

Long lap (1200m) 

U'11 G = 1 short + 1 long

U'11 B = 1 short + 1 long

U'13 G = 2 long

U'13 B = 1 short + 2 long

U'15 G = 1 short + 2 long

U'15 B = 3 long