

All Distances below are available to Girls & Boys

Age Category	A Cross Country Distance	B Cross Country Distance	Inter Club Relay Distance
11	1500m	1000m	4x500m
12	2000m		
13	2500m	1500m	4x500m
14	3000m		
15	3500m	2500m	4x1000m
16	4000m		
17	4500m	3000m	
18	5000m		
19	5000m		

**Inter Club Mixed
Relay**

4x500m
4x500m