

**Thursday, March 16 - Mass Start/Free**  
**(final banquet this evening)**

Civil twilight begins at 7:17AM

Sunrise is at 8:05AM

<b>From</b>	<b>To</b>		
12:00 - 12:05		<b>U16 Boys 5KM begins at 12:00 noon</b>	
12:05 - 12:10			
12:10 - 12:15			<b>U16 Girls 5Km begins at 12:10PM</b>
12:15 - 12:20			
12:20 - 12:25			
12:25 - 12:30			<b>U18 Boys 10Km Begins at 12:25PM</b>
12:30 - 12:35			
12:35 - 12:40			
12:40 - 12:45			
12:45 - 12:50		<b>U18 Girls 10Km begins at 12:45PM</b>	
12:50 - 12:55			
12:55 - 13:00			
13:00 - 13:05			
13:05 - 13:10			
13:10 - 13:15			
13:15 - 13:20			
13:20 - 13:25			
13:25 - 13:30			
13:30 - 13:35			<i>Awards for U16 Boys 5Km</i>
13:35 - 13:40			<i>Awards for U16 Girls 5Km</i>
13:40 - 13:45			<i>Awards for U18 Girls 10Km</i>
13:45 - 13:50			<i>Awards for U18 Boys 10Km</i>
13:50 - 13:55			
13:55 - 14:00		<b>U20 Boys 15Km begins at 13:55</b>	
14:00 - 14:05			
14:05 - 14:10			
14:10 - 14:15			
14:15 - 14:20			
14:20 - 14:25			
14:25 - 14:30			
14:30 - 14:35			
14:35 - 14:40			
14:40 - 14:45			<b>U20 Girls 15Km begins at 14:40PM</b>
14:45 - 14:50			
14:50 - 14:55			
14:55 - 15:00			
15:00 - 15:05			
15:05 - 15:10			
15:10 - 15:15			
15:15 - 15:20			
15:20 - 15:25			
15:25 - 15:30			
15:30 - 15:35			
15:35 - 15:40			
15:40 - 15:45			<i>Awards for U20 Boys 15Km</i>
15:45 - 15:50			<i>Awards for U20 Girls 15Km</i>