## VIRTUAL CROSS COUNTRY

AGE GROUP	DISTANCE
<ul> <li>5 Years (Born in 2015)</li> </ul>	500m
• 6 Years (Born in 2014)	750m
• 7 Years (Born in 2013)	1000m
• 8 Years (Born in 2012)	1500m
• 9 Years (Born in 2011)	1500m
• 10 Years (Born in 2010)	2000m
• 11 Years (Born in 2009)	3000m
• 12 Years (Born in 2008)	3000m
• 13 Years (Born in 2007)	3000m
• 14 Years (Born in 2006)	3000m
• 15 Years (Born in 2005)	4000m (B) / 3000M (G)
• 16 Years (Born in 2004)	5000M(B)/4000M(G)
• Open (Born in 2001 - 2003)	6000M(B)/4000m(G)
MULTICLASS AGE GROUP	DISTANCE
• 5-6 Years (Born 2014-2015)	500m
<ul> <li>7-9 Years (Born 2011-2013)</li> </ul>	1000m

- 10-12 Years (Born 2008-2010) 13-19 Years (Born 2001-2017)

2000m 3000m