Map of the Course, Loops and Course Profile

Distance | Number of loops and respective length
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U20 Women  | 4000m  1 X Short Lap + 2 X Long Laps
U20 Men    | 6000m  4 X Long Laps
U23 Women  | 6000m  4 X Long Laps
U23 Men    | 8000m  2 X Short Laps + 4 X Long Laps
Senior Women | 8000m  2 X Short Laps + 4 X Long Laps
Senior Men | 10000m  1 X Short Lap + 6 X Long Laps
Mixed Relay | 6000m  4 X Long Laps