**National Cross Country Championships 2020**

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| **Event** | **Time** | **Athletes** | **Laps** |
| 1 | 11.00am | U17 Women | 1 Small lap  1 Medium lap |
| 2 | 11.25am | U15 Boys | 2 Small laps |
| 3 | 11.45am | U13 Girls | 1 Extra Small lap  1 Small lap |
| 4 | 12.05pm | U17 Men | 1 Small lap  1 Large lap |
| 5 | 12.30pm | U13 Boys | 1 Extra Small lap  1 Small lap |
| 6 | 12.45pm | U15 Girls | 2 Small laps |
| 7 | 13.05pm | Junior Women | 1 Small lap  1 Large lap |
| 8 | 13.35pm | Senior Women | 1 Extra Small lap  1 Medium lap  1 Extra Large lap  (extended finish lane on last lap) |
| 9 | 14.20pm | Junior Men | 1 Small lap  2 Large laps |
| 10 | 15.00pm | Senior Men | 1 Extra Small lap  1 Medium lap  1 Large lap  1 Extra Large lap  (extended finish lane on last lap) |