



WOODY YALOK ATHLETICS CLUB

Smythesdale Handicap Smythesdale Gardens



Under 6	500m	1 small loop
Under 8	1000m	2 small loops
Under 10	1200m	2 big loops
Under 12	2550m	1 large loop
Under 14	4050m	1 big loop and 1 large loop
Under 16+	4650m	1 big loop 1 large and 1 larger loop