



## **Cross Country**



## **Time Table**

### **First race 11.00**

**U11 Girls 1500 m (Lap B x 1)**

**U11 Boys 1500 m (Lap B x 1)**

**U13 Girls 2000 m ( Lap A x 1)**

**U13 Boys 3000 m (lap B x 2)**

**U15 Girls 3000 m (lap B x 2)**

**U15 Boys 4000 m (Lap A x 2)**

**Awards at the End**

**Finish approx 12.30 –1.00**

**First aid is at the start and finish Area behind the Clubhouse**