

RACE TIMINGS AND DISTANCES

ANGLIAN SCHOOLS CROSS COUNTRY

LAPS (ALL DISTANCES ARE APPROXIMATE)

Lap X – 1600m S,A,B,D,E,G,H,I,J,L,F

Lap Y – 1900m S,A,B,C,D,E,G,H,I,J,L,F

Lap Z – 2300m S,A,B,C,D,E,G,H,I,J,K,J,L,F

RACE TIMINGS AND DISTANCES

Senior Girls – 12:00

3800m – 2 x Lap Y

Minor Girls – 12:20

2300m – 1 x Lap Z

Minor Boys – 12:40

3200m – 2 x Lap X

Junior Girls – 13:00

3200m – 2 x Lap X

Junior Boys – 13:20

3500m 1 x Lap X + 1 x Lap Y

Inter Girls – 13:40

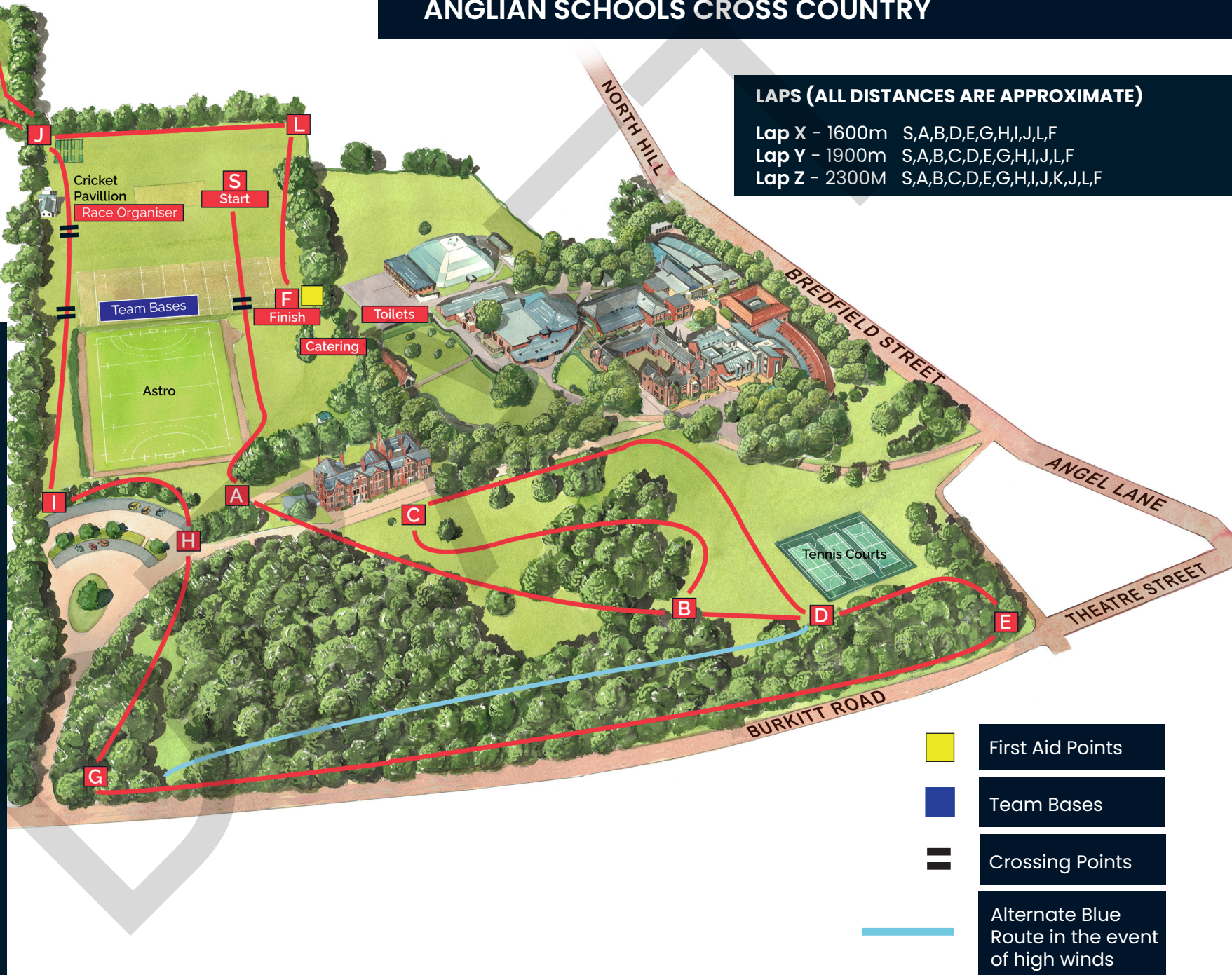
3800m 2 x Lap Y

Inter Boys – 14:00

5000m 2 x Lap X + 1 x Lap Y

Senior Boys – 14:25


6500m 1 x Lap Y + 2 x Lap Z



 First Aid Points

 Team Bases

 Crossing Points

 Alternate Blue Route in the event of high winds