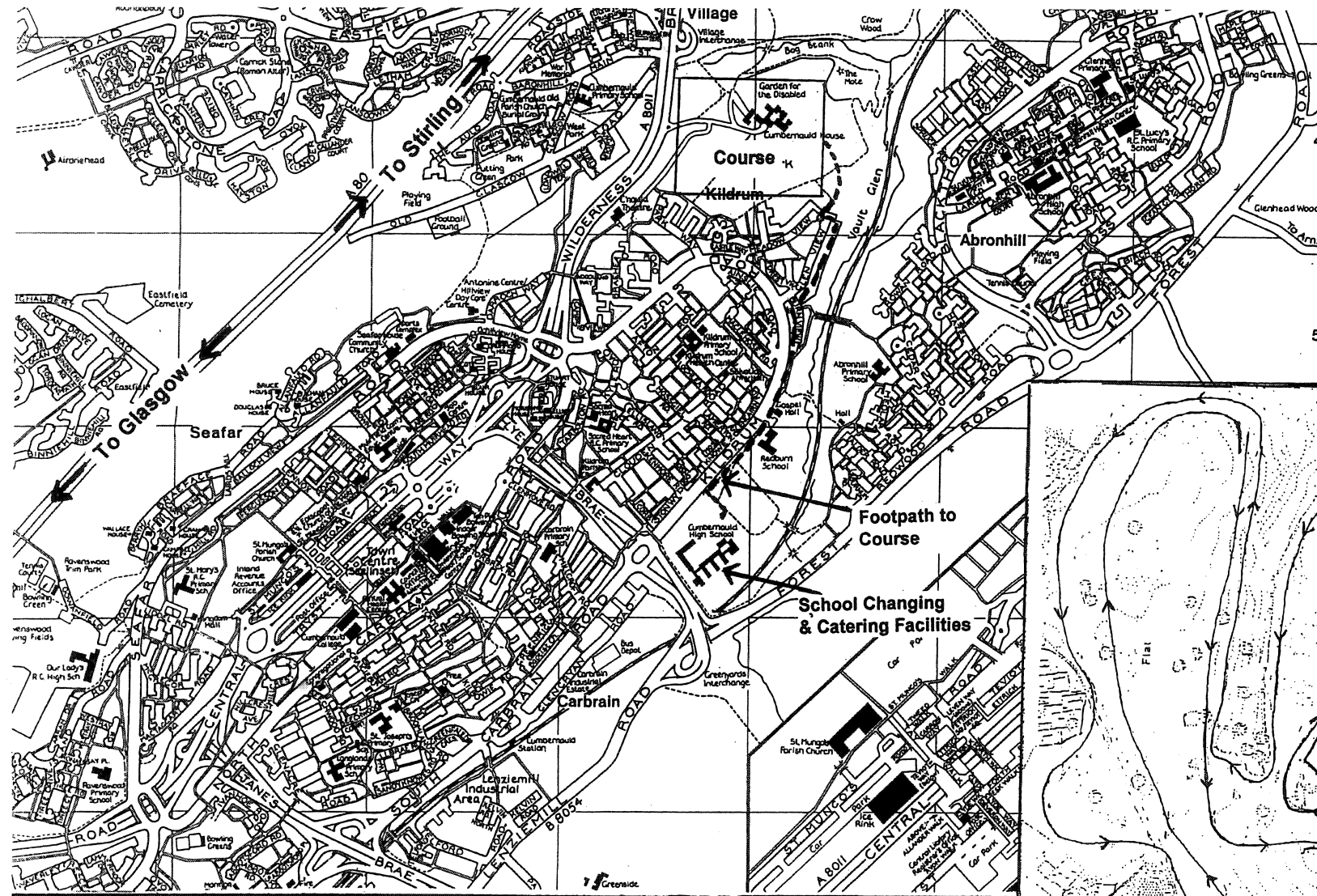
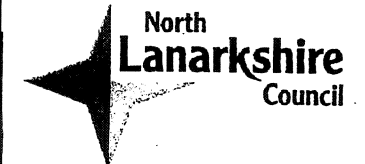
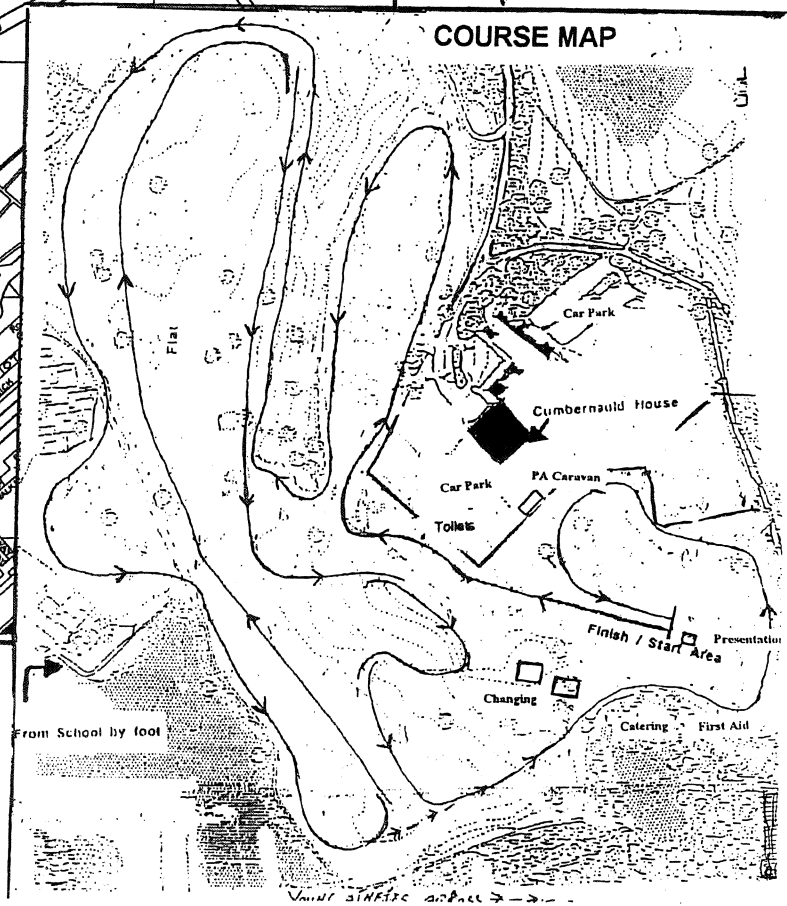


Scottish Athletics NATIONAL CROSS COUNTRY RELAY CHAMPIONSHIPS

Sponsored by
North Lanarkshire Council



COURSE MAP



RACE	START	DISTANCE
Young Females	12.30pm	3 X 2500Metres
Young Males	1.05pm	3 X 2500 "
Sen/Jun Women	1.40pm	3 X 4000 "
Sen/Jun Men	2.40pm	4 X 4000 "

Declarations Close 30minutes before each race
Its 1.5miles from declarations to the course.