

**East District Cross Country Relays**  
**Meadowmill Sports Centre, Prestonpans**  
**Saturday 10<sup>th</sup> October 2009**

scottishathletics



**East Lothian**  
 Council

Race	Declarations Close	Start
Young Females	12.00 noon	12.30 pm
Young Males	12.35 pm	1.05 pm
Sen/Jun Females	1.10 pm	1.40 pm
Sen/Jun Males	2.10 pm	2.40 pm

Young Athletes Lap 2,500 metres — — — — —  
 Seniors Lap 4,000 metres — — — — —

