



**National Cross Country Relays  
Cumbernauld  
Saturday 22nd October 2011**

Race	Declarations Close	Race Starts	Laps
Young Females	12.00noon	12.30pm	3 x 2,500m
Young Males	12.35pm	1.05pm	3 x 2,500m
Sen/Jun Females	1.10pm	1.40pm	3 x 4,000m
Sen/Jun Males	2.10pm	2.40pm	4 x 4,000m

**COURSE MAP**

