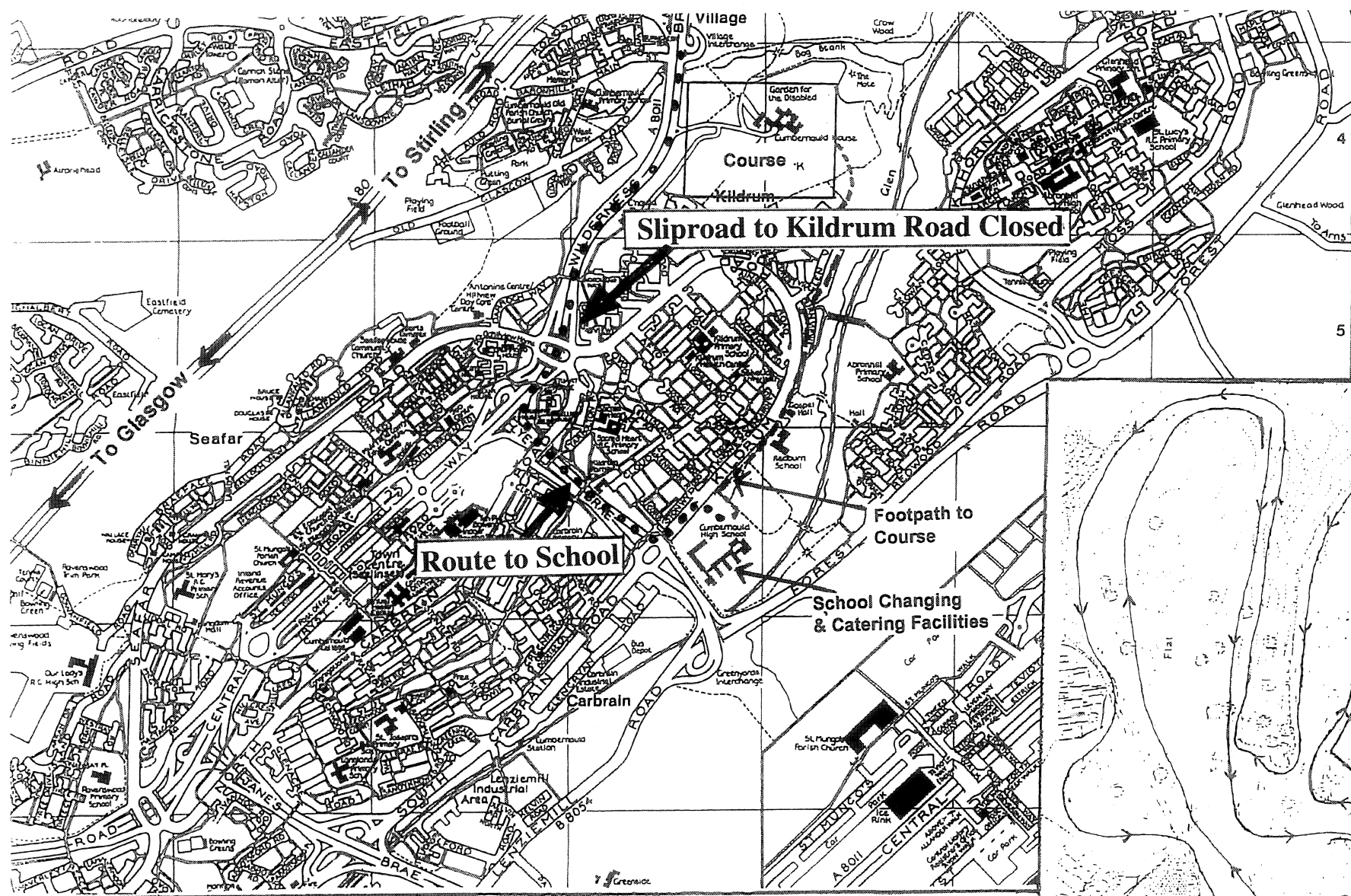
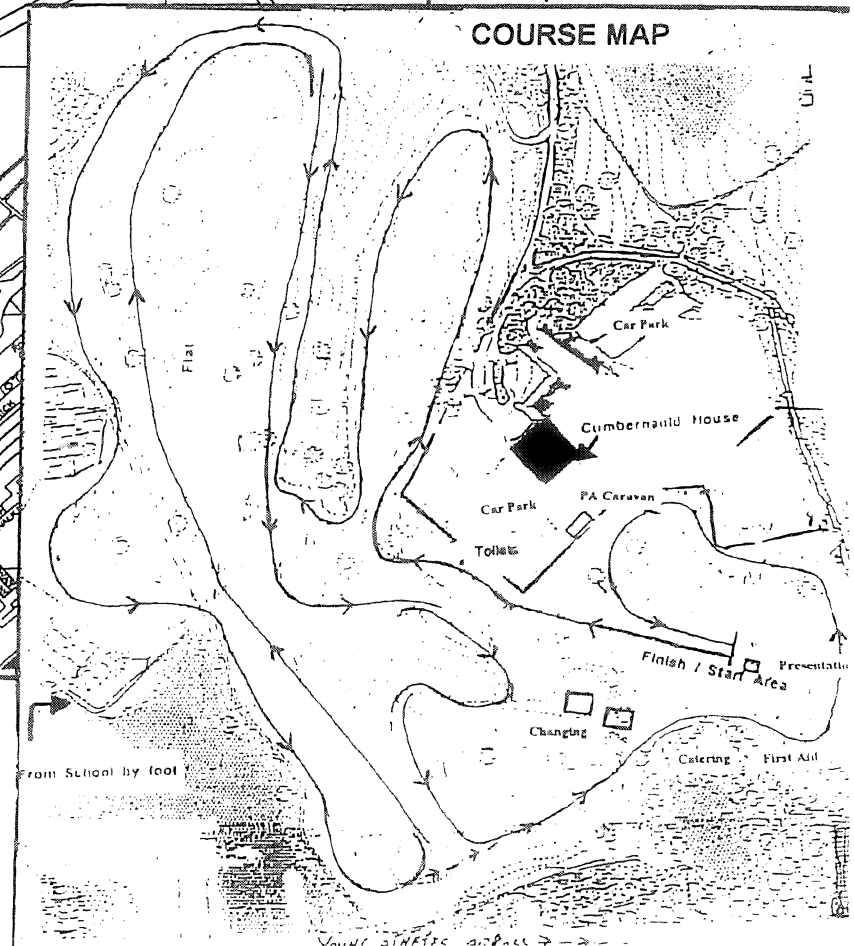


Scottish Athletics NATIONAL CROSS COUNTRY RELAY CHAMPIONSHIPS

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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 "