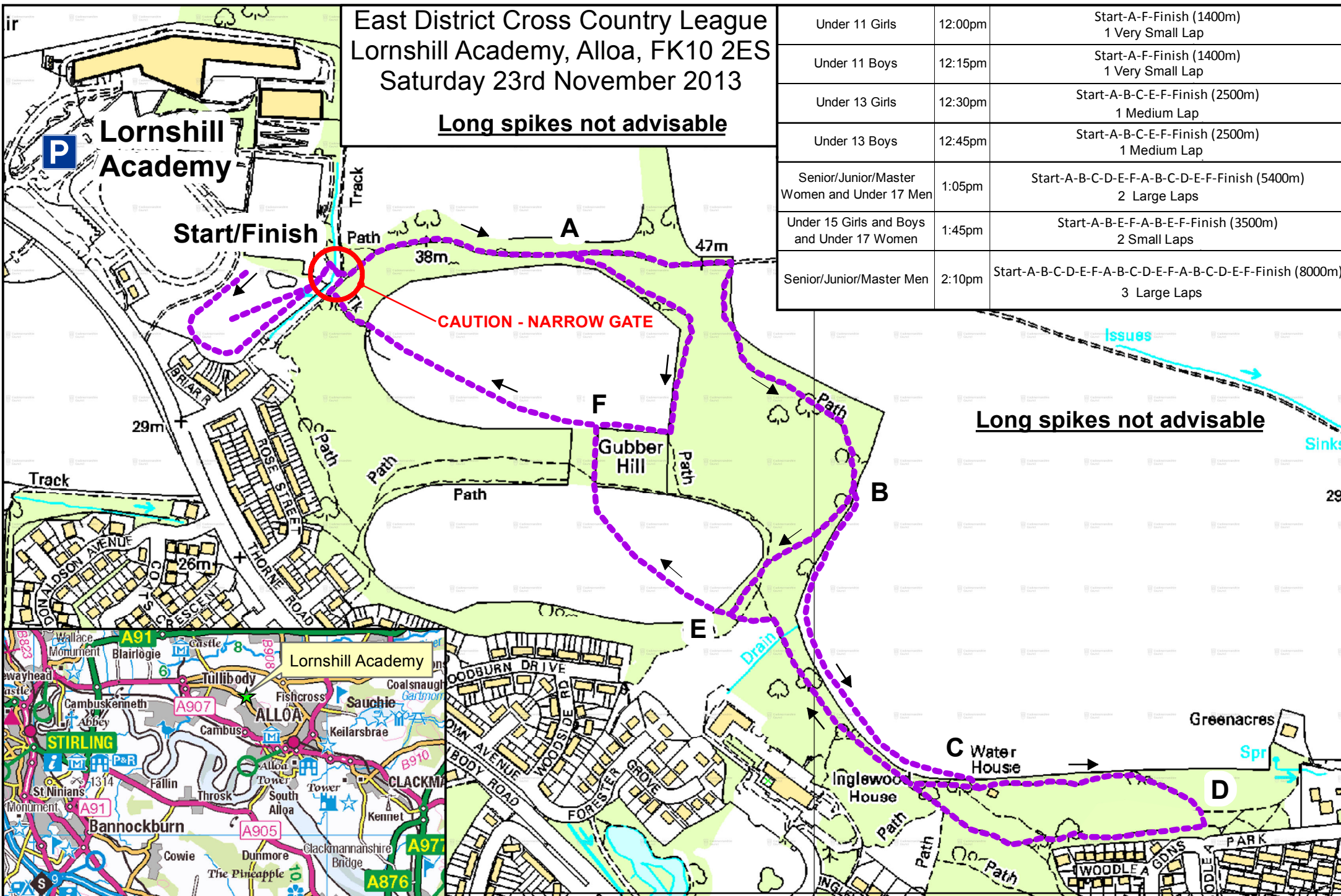


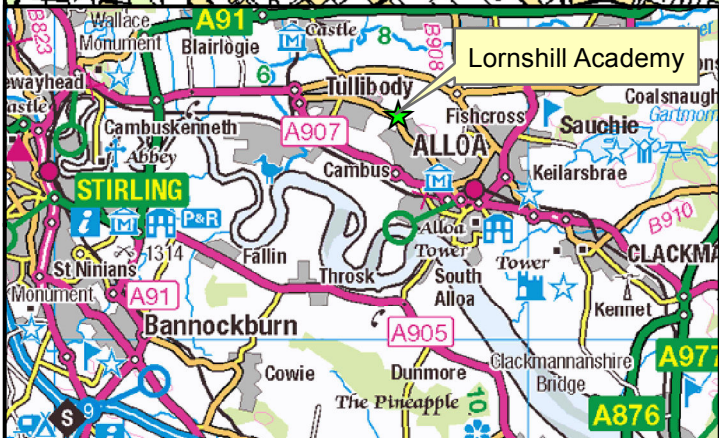
East District Cross Country League Lornshill Academy, Alloa, FK10 2ES Saturday 23rd November 2013

Long spikes not advisable

Under 11 Girls	12:00pm	Start-A-F-Finish (1400m) 1 Very Small Lap
Under 11 Boys	12:15pm	Start-A-F-Finish (1400m) 1 Very Small Lap
Under 13 Girls	12:30pm	Start-A-B-C-E-F-Finish (2500m) 1 Medium Lap
Under 13 Boys	12:45pm	Start-A-B-C-E-F-Finish (2500m) 1 Medium Lap
Senior/Junior/Master Women and Under 17 Men	1:05pm	Start-A-B-C-D-E-F-A-B-C-D-E-F-Finish (5400m) 2 Large Laps
Under 15 Girls and Boys and Under 17 Women	1:45pm	Start-A-B-E-F-A-B-E-F-Finish (3500m) 2 Small Laps
Senior/Junior/Master Men	2:10pm	Start-A-B-C-D-E-F-A-B-C-D-E-F-A-B-C-D-E-F-Finish (8000m) 3 Large Laps



Long spikes not advisable



Scale 1:5,000 @ A4



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