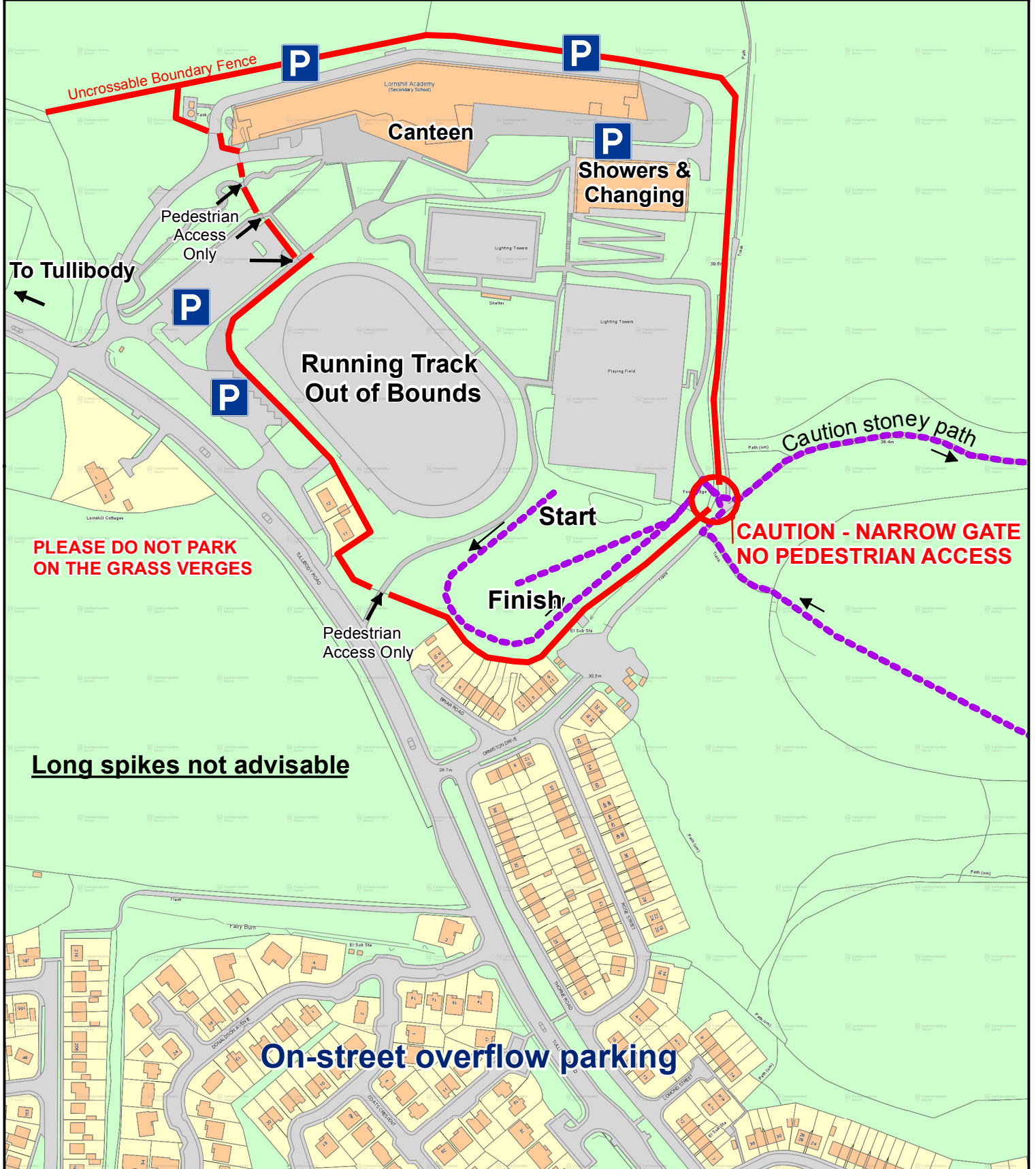


# East District Cross Country League - Lornshill Academy, Alloa, FK10 2ES

## Saturday 23rd November 2013

Under 11 Girls	12:00pm	Start-A-F-Finish (1400m) 1 Small lap
Under 11 Boys	12:15pm	Start-A-F-Finish (1400m) 1 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 Medium 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



Scale 1:3,000 @ A4

0 25 50 100 150 200 Metres