



East District Cross Country Championships, Camperdown Park, Dundee, DD2 4TF Saturday 7th December 2013

Ice Arena changing and parking

Category	Declarations close	Race Start	Route	distance
Under 13 Girls	11:00	11:30	start-A-B-C-X-E-F-G-Finish	3200m
Under 13 Boys	11:15	11:45	start- A-B-C-X-E-F-G-Finish	3200m
Under 15 Girls	11:30	12:00	start A-B-C-D-X-E-F-G-Finish	4000m
Under 15 Boys	11:50	12:20	start-A-B-C-D-X-E-F-G-Finish	4000m
Under 17/20Women	12:10	12:40	start-A-B-C-X-E-B-C-D-X-E-F-G-Finish	5000m
Senior Women	12:30	13:00	start A-B-C-X-E-F-G-start- (X 2)-Finish	6400m
Under 17 Men	13:00	13:30	start A-B-C-X-E-F-G-start- (X 2) - Finish	6400m
Under 20 Men	13:00	13:30	start-A-B-C-D-X-E-F-G-start- (X 2)-Finish	8000m
Sen. Men	13:30	14:00	start A-B-C-X-E-F-G-start (X 3) -Finish	9600m