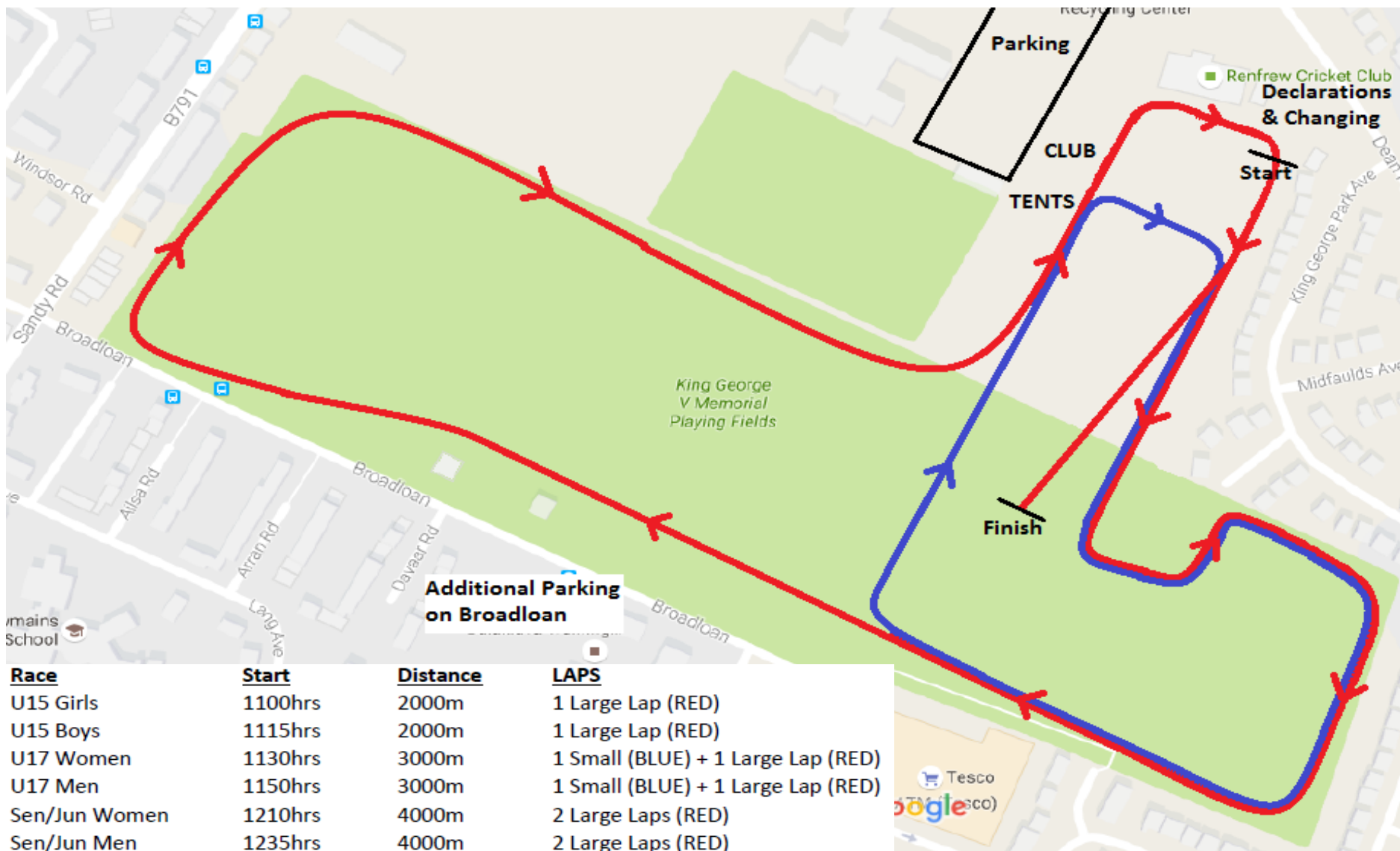


Lindsays scottishathletics Short Course Cross Country Championships



<u>Race</u>	<u>Start</u>	<u>Distance</u>	<u>LAPS</u>
U15 Girls	1100hrs	2000m	1 Large Lap (RED)
U15 Boys	1115hrs	2000m	1 Large Lap (RED)
U17 Women	1130hrs	3000m	1 Small (BLUE) + 1 Large Lap (RED)
U17 Men	1150hrs	3000m	1 Small (BLUE) + 1 Large Lap (RED)
Sen/Jun Women	1210hrs	4000m	2 Large Laps (RED)
Sen/Jun Men	1235hrs	4000m	2 Large Laps (RED)