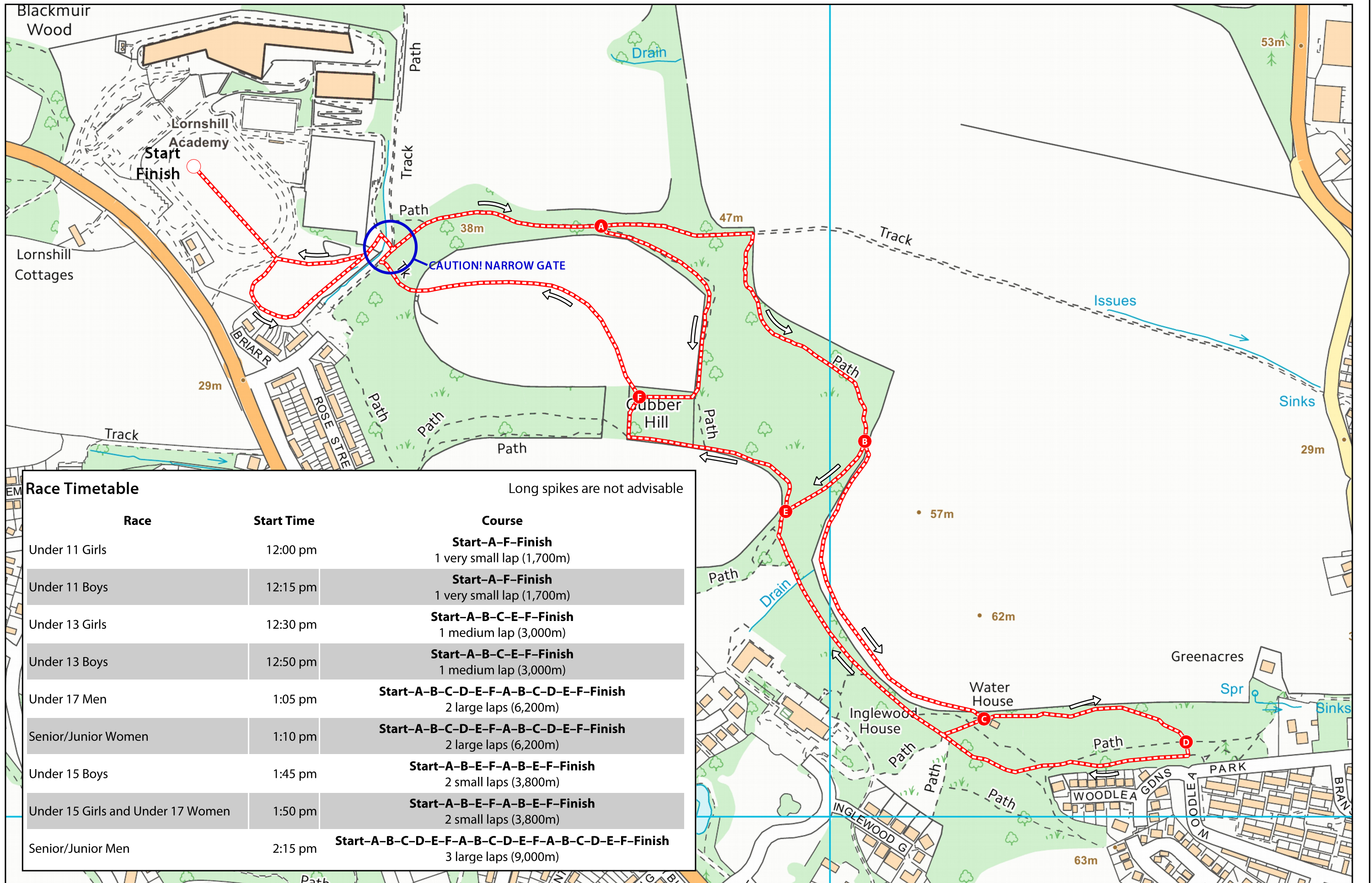


East District Cross Country League

Saturday, 19 November 2016
Lornhill Academy, Alloa FK10 2ES



Race Timetable

Long spikes are not advisable

Race	Start Time	Course
Under 11 Girls	12:00 pm	Start-A-F-Finish 1 very small lap (1,700m)
Under 11 Boys	12:15 pm	Start-A-F-Finish 1 very small lap (1,700m)
Under 13 Girls	12:30 pm	Start-A-B-C-E-F-Finish 1 medium lap (3,000m)
Under 13 Boys	12:50 pm	Start-A-B-C-E-F-Finish 1 medium lap (3,000m)
Under 17 Men	1:05 pm	Start-A-B-C-D-E-F-A-B-C-D-E-F-Finish 2 large laps (6,200m)
Senior/Junior Women	1:10 pm	Start-A-B-C-D-E-F-A-B-C-D-E-F-Finish 2 large laps (6,200m)
Under 15 Boys	1:45 pm	Start-A-B-E-F-A-B-E-F-Finish 2 small laps (3,800m)
Under 15 Girls and Under 17 Women	1:50 pm	Start-A-B-E-F-A-B-E-F-Finish 2 small laps (3,800m)
Senior/Junior Men	2:15 pm	Start-A-B-C-D-E-F-A-B-C-D-E-F-A-B-C-D-E-F-Finish 3 large laps (9,000m)