

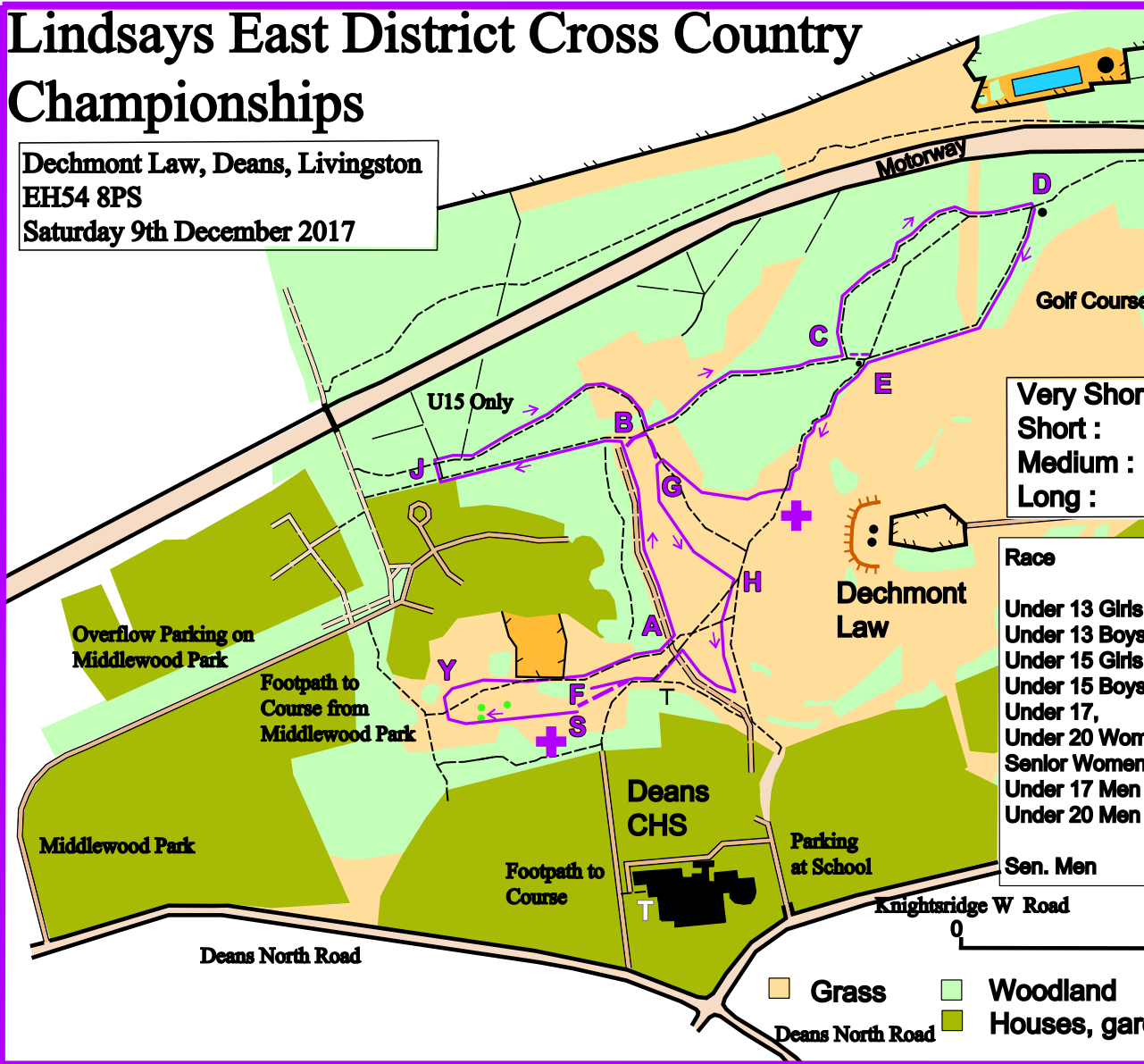
Lindsays East District Cross Country Championships

Dechmont Law, Deans, Livingston
EH54 8PS
Saturday 9th December 2017



Very Short : S YABGH F
Short : S YABCEGH F
Medium : S YABCDEGH F
Long : S YABJBCDEGH F

Race	Declarations Close	Race Start	Course	Distance~
Under 13 Girls	11:00	11:30	1 x Medium	3200m
Under 13 Boys	11:15	11:45	1 x Medium	3200m
Under 15 Girls	11:30	12:00	1 x Long	3900m
Under 15 Boys	11:50	12:20	1 x Long	3900m
Under 17, Under 20 Women	12:10	12:40	2 x Short	5100m
Senior Women	12:30	13:00	2 x Medium	6400m
Under 17 Men	13:00	13:30	2 x Medium	6400m
Under 20 Men	13:00	13:30	2 x Medium, 8000m	
Sen. Men	13:30	14:10	1 x V. Short 3 x Medium	9600m



Grass Woodland Houses, gardens Roads, paths

T Toilets
+ First Aid