

# Lindsays scottishathletics National Cross Country Relay Championships

Saturday 27th October 2018

Cumbernauld Park

<u>Race</u>	<u>Declarations Close</u>	<u>Race Starts</u>	<u>Laps</u>
Young Females	1130hrs	1200hrs	3x2500m
Young Males	1210hrs	1240hrs	3x2500m
Sen/Jun/Mas Female	1250hrs	1320hrs	4x4000m
Sen/Jun/Mas Male	1415hrs	1445hrs	4x4000m

Declarations Open 1000hrs Young Athletes  
Declarations Open 1115hrs Senior Athletes

