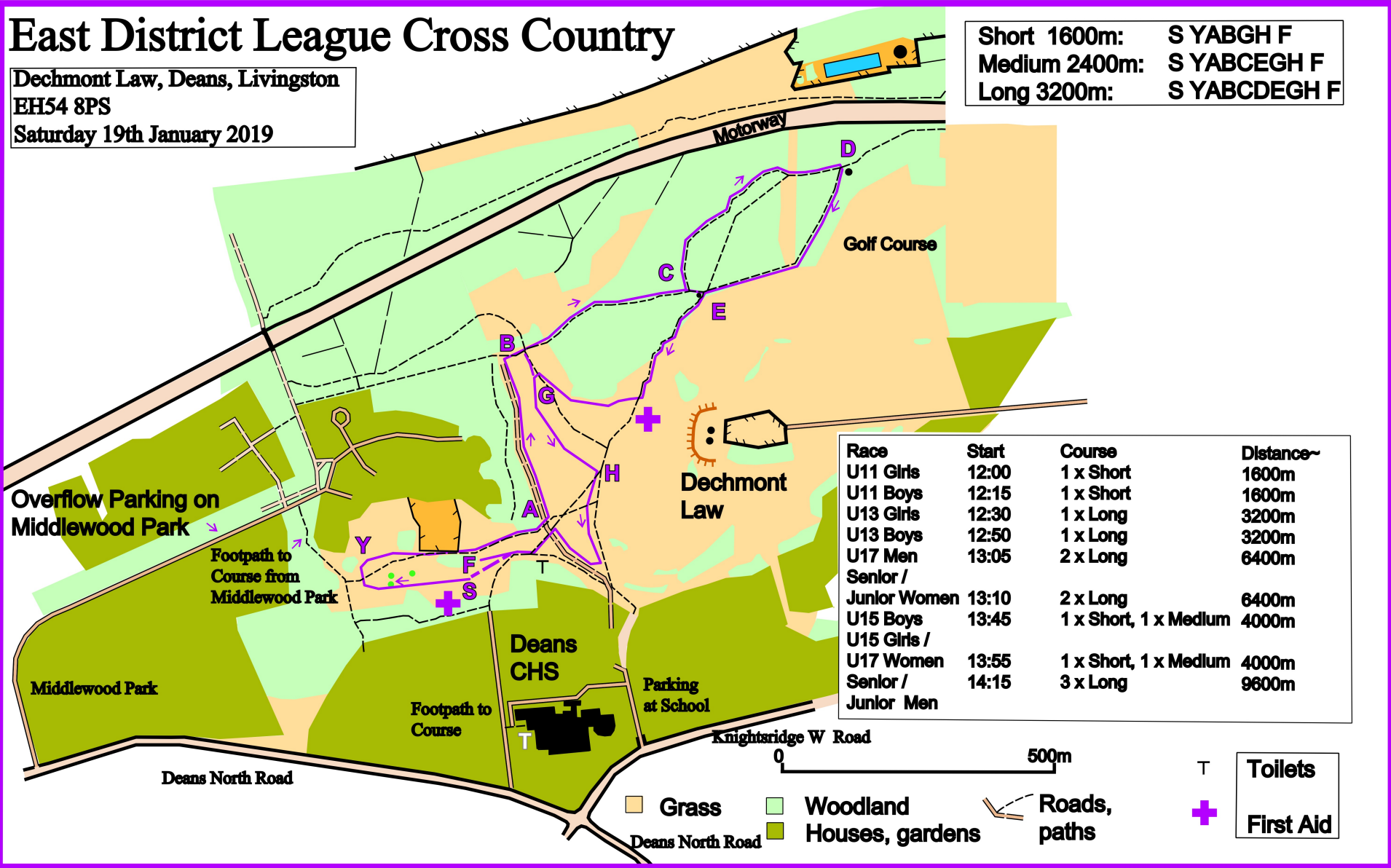


East District League Cross Country

Dechmont Law, Deans, Livingston
EH54 8PS
Saturday 19th January 2019

Short 1600m: S YABGH F
Medium 2400m: S YABCEGH F
Long 3200m: S YABCDEGH F



Race	Start	Course	Distance
U11 Girls	12:00	1 x Short	1600m
U11 Boys	12:15	1 x Short	1600m
U13 Girls	12:30	1 x Long	3200m
U13 Boys	12:50	1 x Long	3200m
U17 Men	13:05	2 x Long	6400m
Senior / Junior Women	13:10	2 x Long	6400m
U15 Boys	13:45	1 x Short, 1 x Medium	4000m
U15 Girls / U17 Women	13:55	1 x Short, 1 x Medium	4000m
Senior / Junior Men	14:15	3 x Long	9600m

Grass
 Woodland
 Houses, gardens
 Roads, paths
 T Toilets
 + First Aid