

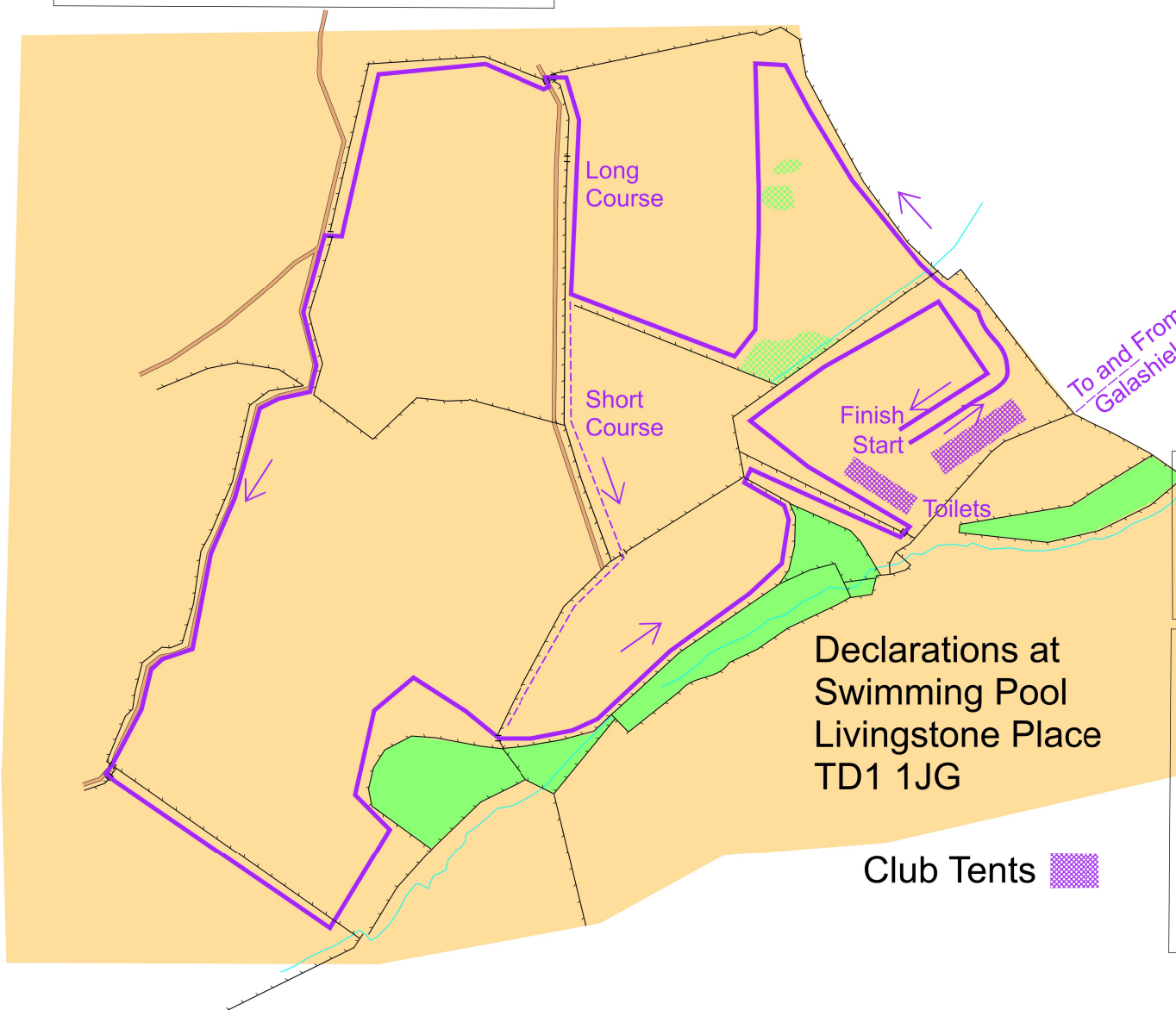
East District XC Relays
 9/10/2021
 Mossilee, Galashiels

scottishathletics



lindsays

SCOTTISH
 CROSSCOUNTRY
 SEASON



0 250m

Long Course ~4.00 km
 Short Course ~2.50 km

Courses run anti-clockwise.

Race	Start	Distance
Young Females	1200	3x2500m
Young Males	1240	3x2500m
Senior / Junior / Masters Women	1320	3x4000m
Senior / Junior / Masters Men	1420	4x4000m

Declarations at
 Swimming Pool
 Livingstone Place
 TD1 1JG

Club Tents