

EAST DISTRICT LEAGUE XC
BEVERIDGE PARK , KIRKCALDY
KY2 5NE
SATURDAY 14TH OCTOBER 2023

SHORT LAP START- A-B-C-D-G-H-FINISH			
LONG LAP START- A-B-C-D-E-F-G-H-FINISH			
TIME	RACE	COURSE	Metres
12.00	Under 11 Girls	1 Short Lap	1700
12.15	Under 11 Boys	1 Short Lap	1700
12.30	Under 13 Girls	1 Long Lap	2600
12.50	Under 13 Boys	1 Long Lap	2600
13.05	Under 17 Men	2 Long Laps	5200
13.10	Senior/Junior Women	2 Long Laps	5200
13.45	Under 15 Boys	1 Short + 1 Long lap	4300
14.00	U15 Girls /U17 Women	1 Short + 1 Long lap	4300
14.20	Senior/Junior Men	3 Long laps	7800

