**Microgaming Cross Country League**

**Nunnery Estate, Douglas**

**Please note that the start for Under 9 and Under 11 races is separate to all other age groups.**

**All finishes are at the same point.**

**Time Age Group(s) Distance Course**

2pm Under 9 B & G 900m Different Start & 1 Small lap of X

2.06pm Under 11 B & G 1800m Different Start & 2 Small laps of X

2.15pm Under 15 B & G 4,200m Main Start, 1 Medium lap of X&Y

Under 17 Women and 1 Long lap of X, Y and Z

2.30pm Under 13 B & G 3,500m Main Start, 1 Small Lap of X and 1

& Short Course Long lap of X, Y&Z

Under 17 Men 5,900m Main Start, 1 small lap of X and 2

Long laps of X, Y&Z

2.45pm Senior, Junior & 7,400m Main Start, 3 Long laps of X, Y&Z

Veteran Women

Senior, Junior & 9,800m Main Start, 4 Long laps of X, Y&Z

Veteran Men

**Be ready at Start line 5 mins before your start time**

**Listen out for whistle and instructions**

**Spectators pleased stay off the racing line**

**Toilets, Hot Food, First Aid and Registration can be found in the Race HQ area – see Maps.**