

Cross Country – Castle Rushen High School

Timetable and Courses

Course open for inspection from 1pm.

Registration and entries from 1pm until 2pm.

2pm	Under 9 Boys	800m	1 short lap	Start A, 1 Lap of field W, Finish
2.05pm	Under 9 Girls	800m	1 short lap	Start A, 2 Lap of Field W, Finish
2.10pm	Under 11 Boys	1550m	2 short laps	Start A, 2 Laps of Field W, Finish
2.20pm	Under 11 Girls	1550m	2 short laps	Start A, 2 Laps of Field W, Finish
2.30pm	Under 13 B & G Under 15 G	2,780m	1 full lap	Start A, 1 Lap of Fields WXYZ, Finish
2.32pm	Under 15 Boys Under 17 Girls Short Course	3,580m	1 short lap & 1 full lap	Start A, 1 Lap of Field W, 1 Lap of Fields WXYZ, Finish
3pm	Jun, Sen, Vet Women & Under 17 Men	5,710m	2 full laps	Start B, 2 Laps of Fields WXYZ, Finish
3pm	Jun, Sen, Vet Men	,440m	3 full laps	Start B, 3 Laps of Fields WXYZ, Finish

All distances have been measured by wheel but are approximate.

Most of the Race is on Agricultural land which is uneven – TAKE CARE!

Please be at Start at least 5 mins early

Spectators please keep off the racing line

Obey Instructions from Marshals