**2020/21 IOM Cross Country League, kindly sponsored by Law Trust**

**Race Programme Sunday 6th December – Crossags Farm, Ramsey, IOM**

**Hosted by Northern Athletic Club**

**12 noon - 1pm Registration (desk will close at 1pm prompt)**

1.00pm Under 9 Girls 2 small laps 920 metres

1.10pm Under 9 Boys 2 small laps 920 metres

1.20pm Under 11 Girls 3 small laps 1,380 metres

1.30pm Under 11 Boys 3 small laps 1,380 metres

1.45pm Under 13 Boys and Girls and Short Course

1 small lap and 1 long lap 2,890 metres

2.00pm Under 17 Men and Women

1 small lap and 2 long laps 5,320 metres

2.02pm Under 15 Boys and Girls

2 long laps 4,860 metres

2.02pm Junior, Senior and Veteran Women

3 long laps 7,290 metres

2.02pm Junior, Senior and Veteran Men

4 long laps 9,720 metres

**Please be at start at least 5 mins before race is due and listen to Officials and Marshals Instructions**