**Cross Country – Port-e-Chee Meadow**

**Timetable and Courses**

**Course open for inspection from 12 noon.**

1pm Under 9 Boys 900m 1 short lap Field X

1.05pm Under 9 Girls 900m 1 short lap Field X

1.10pm Under 11 Boys 1800m 2 short laps Field X

1.20pm Under 11 Girls 1800m 2 short laps Field X

1.35pm Under 15 Boys 3900m 1 short lap Start Fields XXYZ Fin

Under 17 Girls & 1 large lap

1.37pm Under 13 B & G 3000m 1 large lap Start Fields XYZ Fin

Under 15 G & Short

Course

2.10pm Under 17 Boys 6000m 2 large laps Start Fields XYZXYZ Fin Jun, Sen, Vet Women

Jun, Sen, Vet Men 9000m 3 large Laps St. Fields XYZXYZXYZ Fin

**Please be at Start at least 5 mins early**

**Spectators please keep off the racing line**

**Obey Instructions from Marshals**