

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 Under 17 Girls	3900m	1 short lap & 1 large lap	Start Fields XXYZ Fin
1.37pm	Under 13 B & G Under 15 G & Short Course	3000m	1 large lap	Start Fields XYZ Fin
2.10pm	Under 17 Boys Jun, Sen, Vet Women	6000m	2 large laps	Start Fields XYZXYZ Fin
	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