

# **Cross Country – Castle Rushen High School**

## **Timetable and Courses**

**Course open for inspection from 1pm.**

**Registration and entries from 1pm.**

2pm	Under 9 Boys	800m	1 short lap	SAGHS Finish
2.05pm	Under 9 Girls	800m	1 short lap	SAGHS Finish
2.10pm	Under 11 Boys	1550m	2 short laps	SAGH SAGHS Finish
2.20pm	Under 11 Girls	1550m	2 short laps	SAGH SAGHS Finish
2.30pm	Under 13 B & G Under 15 G	2,050m	1 full lap	SABCDEFGHS Fin
2.32pm	Under 15 Boys Under 17 Girls Sort Course	2,800m	1 short lap & 1 full lap	SAGH SABCDEFGHS Fin
3pm	Under 17 Boys Jun, Sen, Vet Women	6,050m	3 full laps	SABCDEFGH SABCDEFGH SABCDEFGHS Fin
3.02pm	Jun, Sen, Vet Men	8,800m	1 short Lap 4 full laps	SAGH SABCDEFGH SABCDEFGH SABCDEFGH SABCDEFGHS Fin

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

**Spectators please keep off the racing line**

**Obey Instructions from Marshals**