

EAST DISTRICT CROSS COUNTRY LEAGUE

Lornshill Academy, Saturday December 2nd 2000

1.00	Senior/Junior/U17 Ladies (Start-A- pm B-C-D-E-A-Fin) 4,600 metres	School lap, larger outer lap
1.35	U11 Boys and Girls (Start-A- Finish) 1,500 metres	School lap
1.45	U13 Boys and Girls (Start-A-A- Finish) 2,700 metres	2 School laps
2.00	U15 Boys and Girls (St-A-B-D-E-A- Finish) 3,800 metres	School lap, shorter outer lap
2.15	Under 17 Men (St-A-B-D-E-B-D-E-A- Fin) 5,800 metres	School lap, shorter outer lap x 2 (cut at E)
2.35	Senior/Junior Men (St-A-B-C-D-E-A- A-B-C-D-E-A-Fin) 9,000 m	School lap, large outer lap, school, large outer lap

