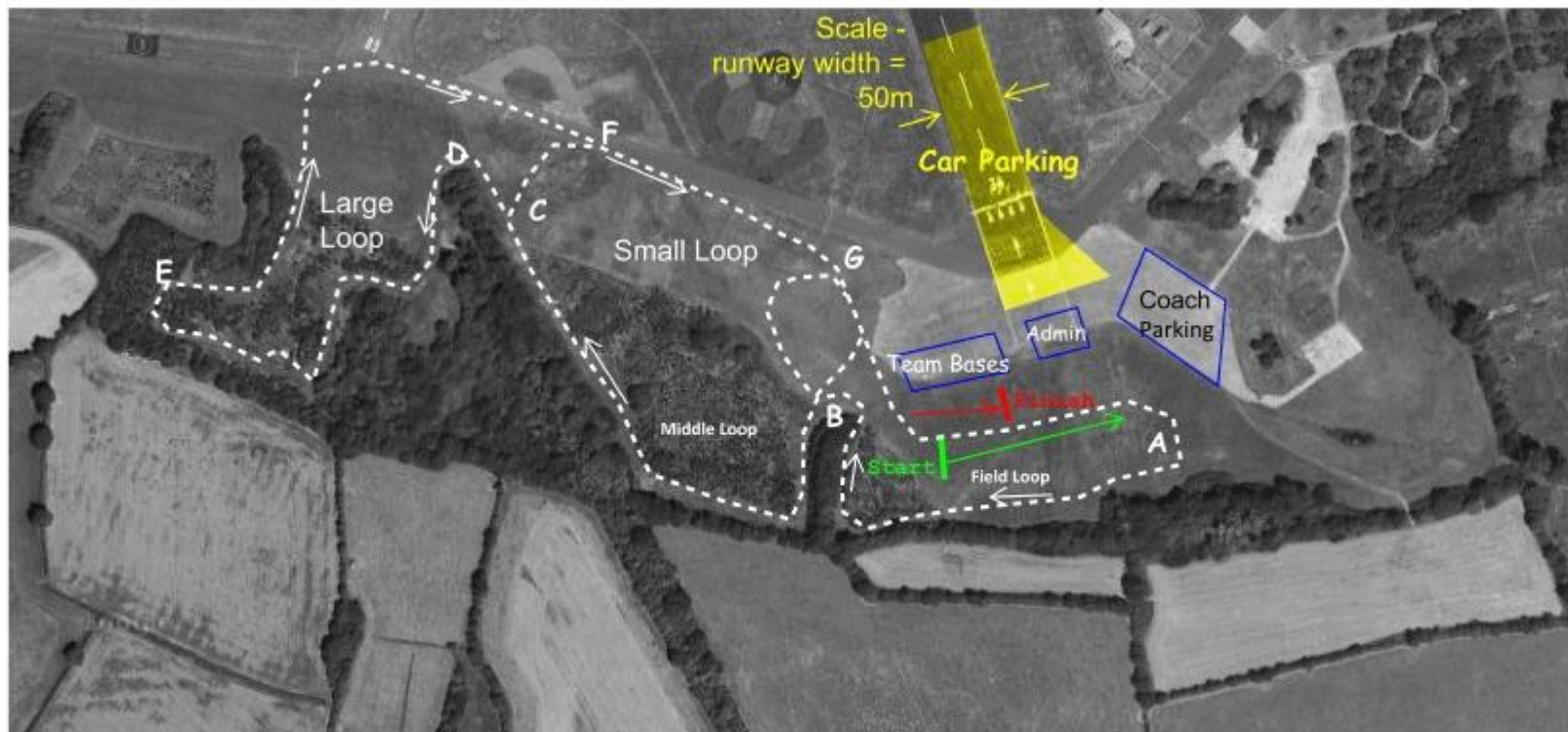


South West Schools Cross Country Championships RNAS Merryfield Saturday 3rd February Course Map and Timetable

The loops are 'taped' by the hedge lines surrounding fields or within wooded areas.
Thus minimal actual tape is needed but the course will be appropriately marked in open areas.



Course Loops

Large Loop = Start A B C D E F G Start = 3200m

Small Loop = Start A B C F G Start = 2100m

Middle Loop = B C F G B = 1200m

Field Loop = Start A B G Start = 1200m

Races Loops -

Under13 = Loops: Field x 2 = Start - A B G - A B G - Finish

Juniors = Loops: Small + Middle = Start - A B C F G - B C F G - Finish

Inter Boys = Loops: Small + Large = Start - A B C F G - A B C D E F G - Finish

Inter Girls & Senior Girls = Loops: Small x 2 = Start - (A B C F G) x 2 - Finish

Seniors Boys = Large x 2 = Start - (A B C D E F G) x 2 - Finish

Distances:

2400m

3300m

5300m

4200m

6400m

Championships Timetable

Time	Age Group	Loops	Route	Distance
13.30	under 13 Girls	Field x 2	Start - A B G - A B G - Finish	2400m
13.34	Inter Boys	Small + Large	Start - A B C F G - A B C D E F G - Finish	5300m
13.54	under 13 Boys	Field x 2	Start - A B G - A B G - Finish	2400m
14.00	Senior Boys	Large x 2	Start - (A B C D E F G) X 2 - Finish	6400m
14.22	Inter Girls	Small x 2	Start - (A B C F G) x 2 - Finish	4200m
14.44	Senior Girls	Small x 2	Start - (A B C F G) x 2 - Finish	4200m
14.59	Junior Boys	Small + Middle	Start - A B C F G - B C F G - Finish	3300m
15.13	Junior Girls	Small + Middle	Start - A B C F G - B C F G - Finish	3300m