



VITAL CROSS COUNTRY LEAGUE 2020

Final Leg – Sodnac Wellness Park, CANDOS

Saturday 21st March 2020



LOOP (1)	O or A – B – C – D – E – H – A	1.2 Kms
LOOP (2)	O or A – B – C – D – E – F – G – H – A	1.8 Kms

1	09:00	SEN (M)	Dep O - 4 Loops (2) - O - X	7.4 Kms
2	09:15	U12 (W)	Dep O – B – C – D – A – B – C – D - O - X	1.5 Kms
3	09:40	U14 (M) & U16 (W)	Dep O – B – C – D – A - 2 Loop (1) - O - X	3.1 Kms
4	10:00	FUN RUN (U 15)	<i>Dep O - 1 Loop (1) - X</i>	1.3 Kms
5	10:05	FUN RUN (Open)	<i>Dep O - 1 Loop (2) - X</i>	1.9 Kms
6	10:20	U12 (M) & U14 (W)	Dep O - 2 Loops (1) - O - X	2.5 Kms
7	10:35	U16 (M) & U18 (W)	Dep O - 2 Loops (2) - O - X	3.7 Kms
8	10:50	U20 (M) & MAS (M)	Dep O – B – C – D – A - 3 Loops (2) - O - X	6.2 Kms
9	11:15	U18 (M) & MAS (W) & U20 / SEN (W)	Dep O - 3 Loops (2) - O - X	5.6 Kms
10	11:40	RTC MIXED RELAY (Combined Categories)	<i>Exchanges - 1/3/5 : (O – B – C) Exchanges - 2/4/6 : (C – D – O) - X</i>	6 x 400m

LOCAL ORGANISATION :

VACOAS/PHOENIX REGIONAL ATHLETICS COMMITTEE