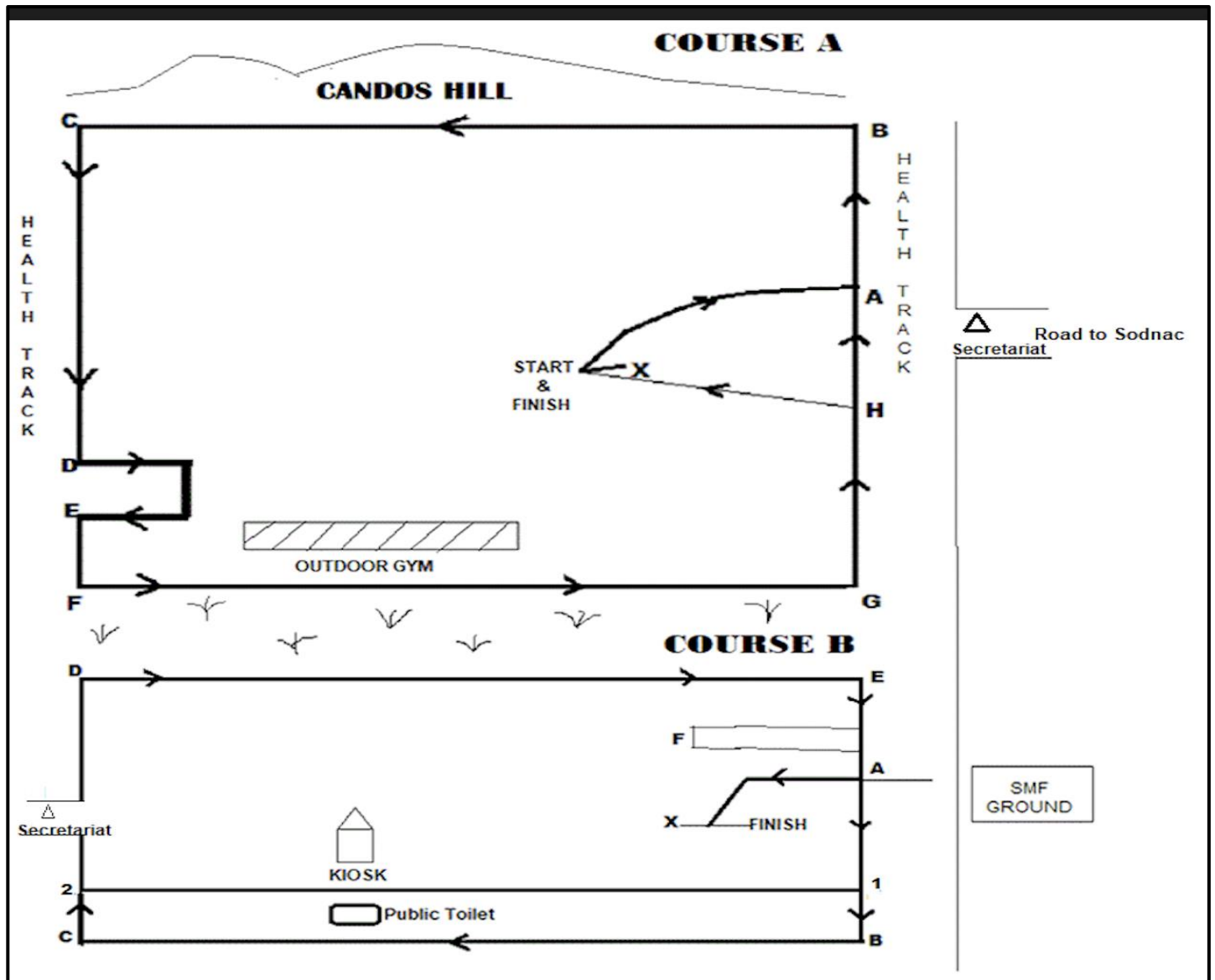


2021 VITAL CROSS COUNTRY LEAGUE

Saturday 21 August - Sodnac Wellness Park

Course Plan



COURSE A: 1 LOOP: A-B-C-D-E-F-G-H-A = 1 KM

TIME	CAT	GENDER	DIST	TRACK
09.00H	SEN	Men	5 KM	X + 5 LOOPS
09.25H	U20	Men	5 KM	X + 5 LOOPS
09.50H	SEN + MAS	Women	4 KM	X + 4 LOOPS
09.50H	MAS	Men	4 KM	X + 4 LOOPS
10.15H	U18	Women - FIN A	3 KM	X + 3 LOOPS
10.15H	MAS	Women	3 KM	X + 3 LOOPS
10.30H	U18	Women - FIN B	3 KM	X + 3 LOOPS
10.45H	U20	Women	4 KM	X + 4 LOOPS
11.10H	U18	Men - FIN A	4 KM	X + 4 LOOPS
11.25H	U18	Men - FIN B	4 KM	X + 4 LOOPS
11.40H	U16	Women - FIN A	2 KM	X + 2 LOOPS
11.55H	U16	Women - FIN B	2 KM	X + 2 LOOPS
12.10H	U16	Men - FIN A	3 KM	X + 3 LOOPS
12.25H	U16	Men - FIN B	3 KM	X + 3 LOOPS
12.40H	RTC Relay	MIXED	6 X 600 M	3 B & 3 G

COURSE B: 1 LOOP: A-B-C-D-E-F = 1 KM

TIME	CAT	GENDER	DIST	TRACK
09.15H	U9	Boys	0 KM 600	A-B-C-D-E-F-A + X
09.30H	U9	Girls	0 KM 600	A-B-C-D-E-F-A + X
09.45H	U12	Girls - FIN A	1 KM	1 LOOP + X
10.00H	U12	Girls - FIN B	1 KM	1 LOOP + X
10.20H	U12	Boys - FIN A	1 KM 200	D-E-A + 1 LOOP + X
10.35H	U12	Boys - FIN B	1 KM 200	D-E-A + 1 LOOP + X
10.50H	U14	Girls - FIN A	1 KM 500	A-1-2-D-E-A + 1 LOOP + X
11.05H	U14	Girls - FIN B	1 KM 500	A-1-2-D-E-A + 1 LOOP + X
11.20H	U14	Boys - FIN A	2 KM	2 LOOPS + X
11.40H	U14	Boys - FIN A	2 KM	2 LOOPS + X
11.55H	U9	MIXED	4 X 200	2 Boys & 2 Girls
12.10H	U12	MIXED	4 X 400	2 Boys & 2 Girls

