

PAMPLEMOUSSES REGIONAL ATHLETIC COMMITTEE



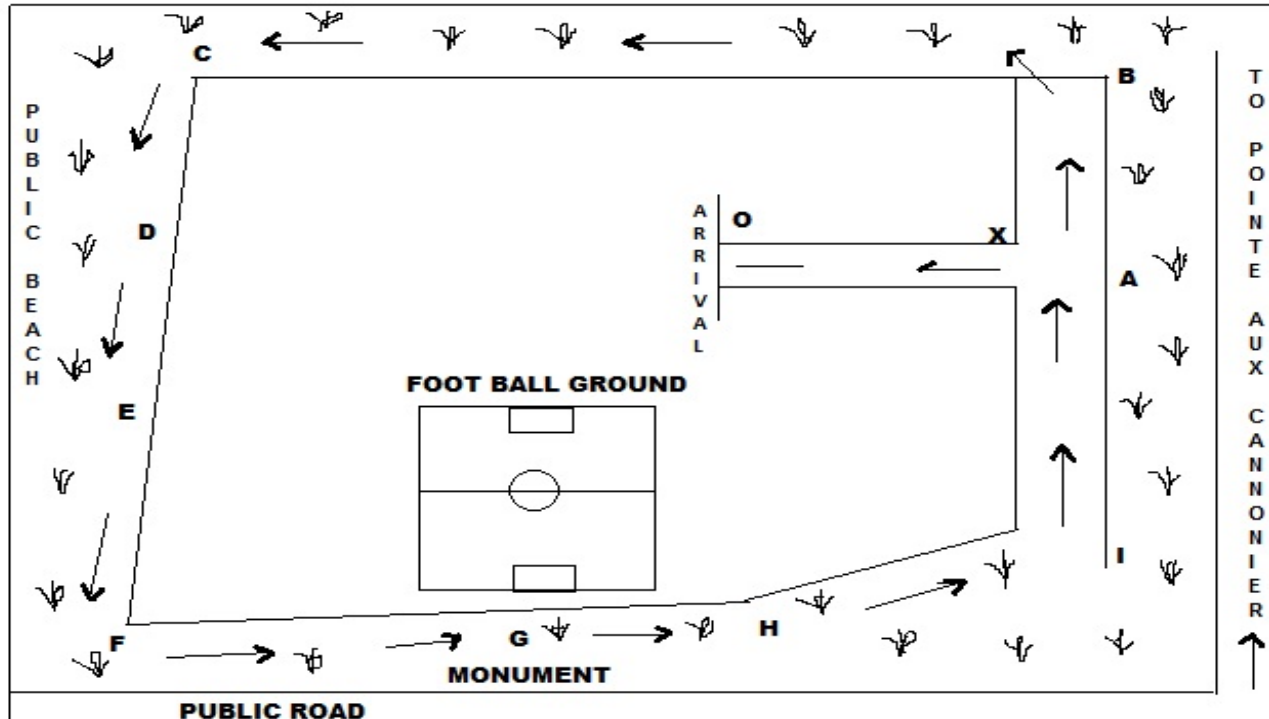
2013 CROSS COUNTRY LEAGUE



2nd Leg - Friday 1st February

MON - CHOISY FOOTBALL GROUND

COURSE PLAN



CIRCUIT: A - B - C - D - E - F - G - H - I - A = 1 KM

| | | | |
|--------|---------------------------------|-----------------------------------------------|--------|
| 09.00H | POU (F) | DEP G - H - I + 1 Circuit - X - O | 1.3 KM |
| 09.15H | SR (H) | DEP A + 7 Circuits - X - O | 7 KM |
| 09.35H | JR (H) VET (H) | DEP A + 6 Circuits - X - O | 6 KM |
| 10.00H | CAD (H) JR/SR (D) VET (D) | DEP F - G - H - I + 4 Circuits - X - O | 4.4 KM |
| 10.20H | MIN (H) CAD (D) | DEP G - H - I + 3 Circuits - X - O | 3.3 KM |
| 10.35H | BEN (H) MIN (D) | DEP H - I + 2 Circuits - X - O | 2.2 KM |
| 10.45H | POU (H) BEN (D) | DEP D - E - F - G - H - I + 1 Circuit - X - O | 1.6 KM |

