VITAL CROSS COUNTRY LEAGUE 2019

1st LEG – FRIDAY 01 FEBRUARY

MGI, MOKA

COURSE PLAN

**Circuit: A – B – C – D – E – F – G – X – A = 1.4 KM**

|  |  |  |  |
| --- | --- | --- | --- |
| TIME | CAT | CIRCUIT | DISTANCE |
| **08.40H** | FUN RUN | DEP D – E – F – G – A + 1 Circuit X - O | **2 KM** |
| **09.00H** | SR (M) | DEP C – D - E – F – G – X + 5 Circuits X - O | **8 KM** |
| **09.35H** | U20 W-SR W | DEP D – E – F – G – X – O + 3 Circuits X - O | **5 KM** |
|  | MASTERS (M) & U20 (M) |  |  |
| **10.05H** | U18 (M) & MASTERS (W) | DEP A + 3 Circuits X - O | **4.2 KM** |
| **10.20H** | U16 (M) & U18 (W) | DEP E - F – G + 2 Circuits X - O | **3.5 KM** |
| **10.40H** | U12 (W) | DEP + 1 Circuit X - O | **1.4 KM** |
| **10.55H** | U12 (M) & U14 (W) | DEP D – E – F – G – A + 1 Circuit X - O | **2 KM** |
| **11.15H** | U14 (M) & U16 (W) | DEP A + 2 Circuits X - O | **2.7 KM** |
| **11.30H** | RELAY – U12 (M/W)  | 5 X 500M |  |
| **11.40H** | RELAY - U16 (M/W) | 6 X 600M |  |