

*VITAL CROSS COUNTRY LEAGUE 2020*

1st Leg – MGI, MOKA

*Saturday 15th February 2020*



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|  | **LOOP** | A – B – C – D – E – F – G – A | **1.3** Kms |



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| 1 | 08:40 | FUN RUN (Open) | Dep A + 2 Loops - X | 2.6 Kms |
| 2 | 09:00 | **U12 (W)**  | Dep B – C – D – E – F – G - A - X | **1.2 Kms** |
| 3 | 09:10 | **U12 (M) & U14 (W)** | Dep X + 1 Loop - X | **1.5 Kms** |
| 4 | 09:25 | **U14 (M) & U16 (W)** | Dep B – C – D – E – F – G - A + 1 Loop - X | **2.3 Kms** |
| 5 | 09:40 | **U16 (M) & U18 (W)** | Dep B – C – D – E – F – G - A + 2 Loops - X | **3.5 Kms** |
| 6 | 10:00 | **SEN (M)** | Dep D + 6 Loops - X | **7.0 Kms** |
| 7 | 10:30 | **U18 (M) & MAS (W) & U20 / SEN (W)** | Dep F – G - A + 3 Loops - X | **4.2 Kms** |
| 8 | 10:50 | **U20 (M) & MAS (M)**  | Dep C – D – E – F – G - A + 3 Loops - X | **4.7 Kms** |
| 9 | 11:10 | **U16 (M/W)** | Mixed Relay: 6 x 600 m – (3 Girls & 3 Boys) |  **RTC/Clubs** |

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| ***LOCAL ORGANISATION :* MOKA REGIONAL ATHLETICS COMMITTEE in collaboration with the DISTRICT COUNCIL OF MOKA**  |