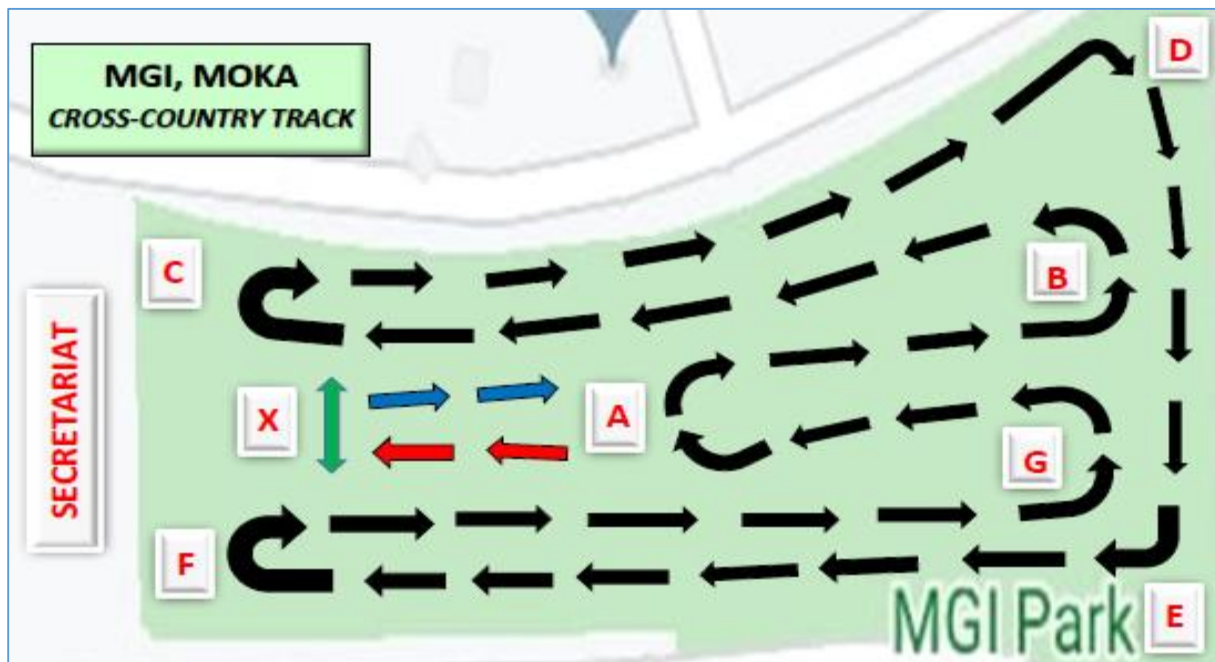




VITAL CROSS COUNTRY LEAGUE 2020

1st Leg – MGI, MOKA

Saturday 15th February 2020



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 – E – F – G – A + 5 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	RTC MIXED RELAY	(Combined Cat.): 6 x (X – C – D – E – F – X)	6 x 500m

LOCAL ORGANISATION : MOKA REGIONAL ATHLETICS COMMITTEE