



****VITAL CROSS COUNTRY LEAGUE AND NATIONAL CHAMPIONSHIPS

**FINAL – SATURDAY 22 AUGUST 2020**

 ***Sodnac Wellness Park, Candos***

**MEMBER FEDERATION**

**COURSE PLAN**

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CIRCUIT 1: A – B – C – D – E – H – A - O – X = 1.2 KM

CIRCUIT 2: A – B – C – D – E – F – G – H – A – O - X = 1.8 KM

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| **NO.** | **CAT** | **TIME** | **CIRCUITS** | **DISTANCE** |
| 1 | **U12 (G)** | **09.00H** | DEP O + 1 Circuit (1) – A – O – X  | **1.3 KM** |
| 2 | **U12 (B) & U14 (G)** | **09.20H** | DEP O + 2 Circuits (1) – A – O – X | **2.5 KM** |
| 3 | **U14 (B) & U16 (G)** | **09.30H** | DEP O + 1 Circuit (1) + 1 Circuit (2) - A – O – X  | **3.0 KM** |
| 4 | **U16 (B) & U18 (W)** | **09.45H** | DEP O + 3 Circuits (1) – A – O – X  | **3.7 KM** |
| 5 | **SEN (M)** | **10.05 H** | DEP O + 1 Circuit (1) + 3 Circuits (2) – A – O – X  | **6.6 KM** |
| 6 | **U18 (M) & MAS (W)** | **10.35 H** | DEP O + 4 Circuits (1) – A – O – X  | **5 KM** |
| 7 | **U20 (W) & SEN (W)** | **10.55 H** | DEP O + 4 Circuits (1) – A – O – X  | **5 KM** |
| 8 | **U20 (M) & MAS (M)** | **11.10H** | DEP O + 4 Circuits (1) – A – O – X  | **5 KM** |
| 9 | **OPEN RTC MIXED RELAY****(3 Girls + 3 Boys)** | **11.30H** | O – B – C – D – Z – O - X | **6 X 400M** |
| 10 | **FUN RUN** | **11.40H** | 1 Circuit (2) | **1.8 KM** |