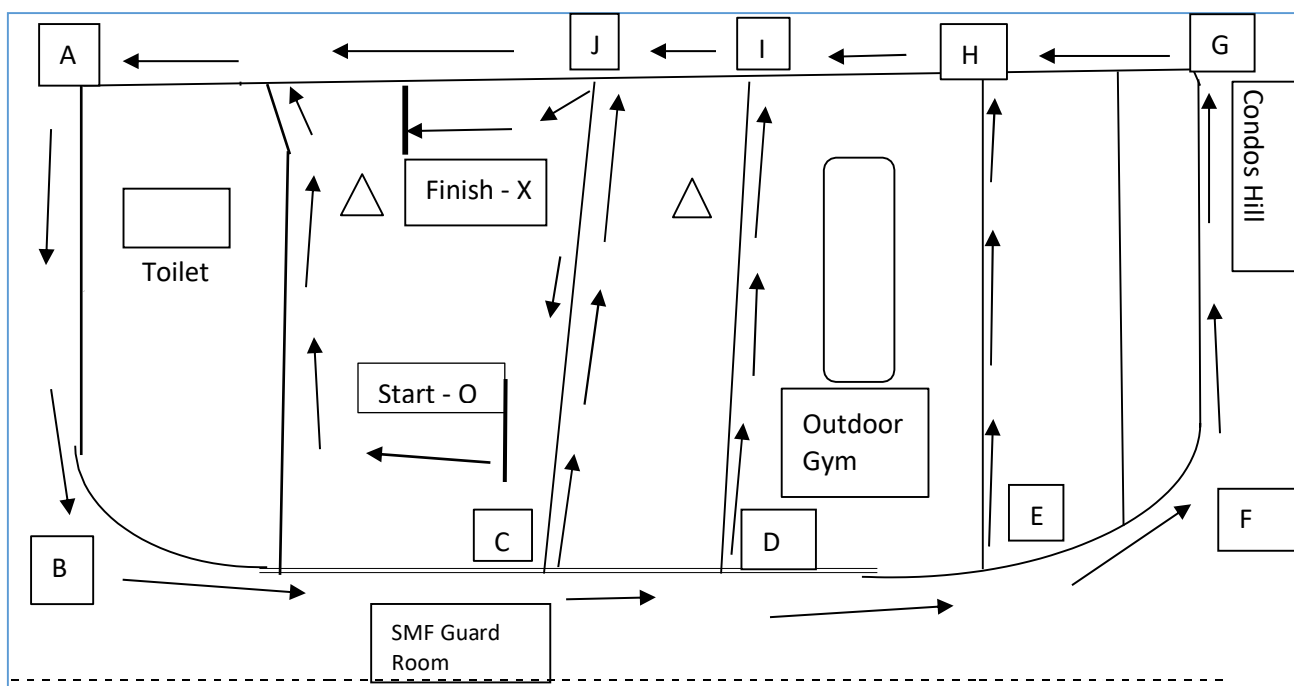




## VITAL CROSS COUNTRY LEAGUE 2023

1<sup>st</sup> Leg – Sodnac Wellness Park, CANDOS

Saturday 25<sup>th</sup> February 2023



**LOOP (1)** J-A-B-C-D-E-F-G-H-I-J **1.9 Kms**

**LOOP (2)** J-A-B-C-D-E-H-I-J **1.4 Kms**

**LOOP (3)** J-A-B-C-D-I-J **1 Km**

1	09:15	U 10 - Boys / Girls	Dep O + A-B-C-J-X	0.6 Km
2	09:30	U12 – Boys / Girls	Dep O + 1 Loop ( 3 ) - X	1 Km
3	09:45	U14 - Girls	Dep O + 1 Loop ( 2 ) - X	1.5 Kms
4	10.00	U 14 Boys / U 16 Girls	Dep O + 2 Loops ( 3 ) - X	2 Kms
5	10:15	SENIOR Men	Dep O + 1 Loop ( 3 ) + 3 Loops ( 1 ) - X	6.5 Kms
6	10.40	U16 Boys U18 / Masters Women	Dep O + 2 Loops ( 2 ) - X	3 Kms
7	11.00	U18 Men	Dep O + 3 Loops ( 2 ) - X	4.3 Kms
8	11.20	U20 / Senior Women	Dep O + 2 Loops ( 1 ) - X	4 kms
9	11.40	Mixed Relays – U12	2 Girls and 2 Boys	4 * 300mts
10	11.45	Mixed Relays – U16	2 Girls and 2 Boys	4 * 500mts
11	11:50	U20 Men / Master Men	Dep O + 1 Loop ( 1 ) + 2 Loops ( 2 ) - X	5 Kms
12	11.55	Fun Run – Men/Women/Coaches/Parents	Dep O + 2 Loops ( 3 ) - X	2 Kms