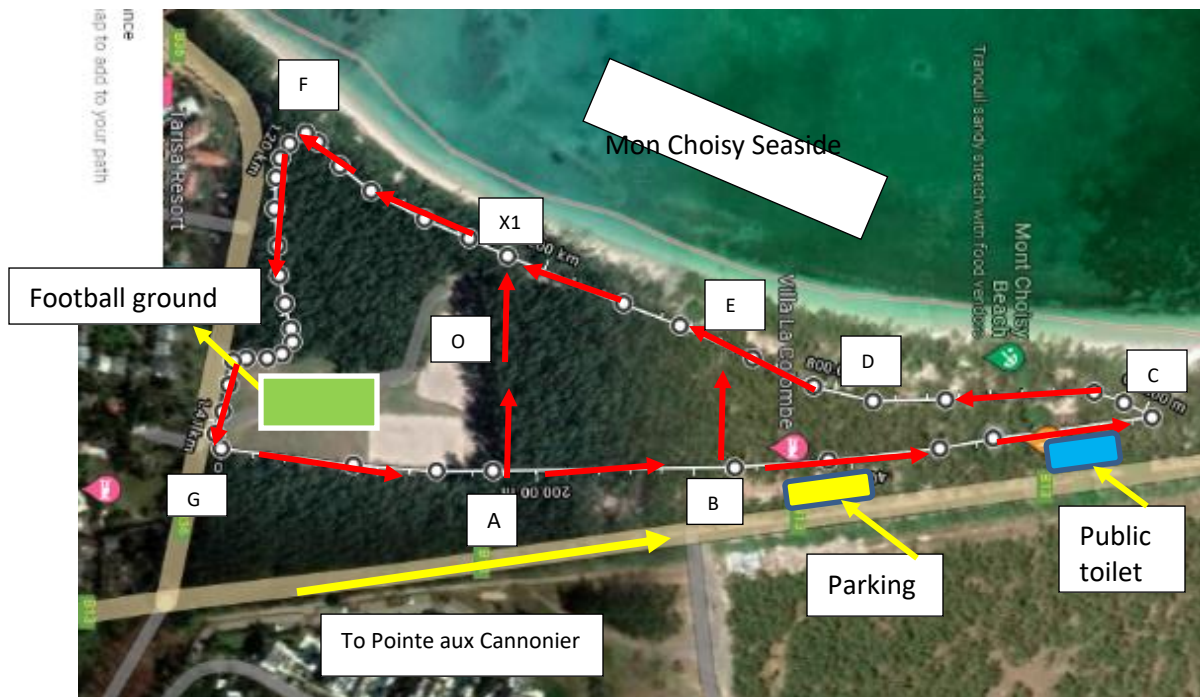




## VITAL CROSS COUNTRY LEAGUE 2023

4<sup>th</sup> Leg – Public Beach, Mon Choisy

Saturday 18<sup>th</sup> March 2023



Circuit 1	A – B – C – D – E – F - G – A	1.4 km
Circuit 2	A – B – E – F - G – A	1 km
Circuit 3	A – O – X1 – F - G – A	800 mts

1	09:15	U 10 - Boys / Girls	Dep A + 1*Circuit 3 – A - O	800 mts
2	09:20	U12 – Boys / Girls	Dep G + 1* Circuit ( 2 ) + A - O	1.2 Kms
3	09:35	U14 - Girls	Dep A + 2*Circuit ( 2 ) + A - O	2 Kms
4	09:50	U 14 Boys / U 16 Girls	Dep A + 3 * Circuit (2) + A - O	3 Kms
5	10:05	SENIOR Men	Dep A + 5*Circuit (1) + A - O	7 Kms
6	10.35	U20 Men	Dep E + 4*Circuit (1) + A - O	6 Kms
7	11.00	U16 Boys U18 / Masters Women	Dep A + 3*Circuit ( 1 ) + A - O	4.2 Kms
8	11.20	MIXED RELAY – U14	2 Boys + 2 Girls	4 * 400mts
9	11.30	MIXED RELAY – U18	2 Boys + 2 Girls	4 * 500mts
10	11.20	U18 Men / Master Men	Dep A + 4* Circuit (1) + A - O	5.5 Kms
11	12.00	U20 / Senior Women	Dep A – O – X1- F -G -A +3*Circuit (1) +A-O	5Kms
12	12:20	FUN RUN	Dep A+ 2 *Circuits (2)	2 Kms