

MAURITIUS ATHLETICS ASSOCIATION

VITAL CROSS COUNTRY LEAGUE 2023

National Championships

Saturday 25th March - Flic en Flac Public Beach



LOOP 1	O - A - D - E - F - G - O	1 KM
LOOP 2	O - A - B - C - D - E - F - G - O	2 KM

1	09:10H	Senior - Men	Dep O + 4 LOOPS 2 - O	8 Km
2	09:40H	U 10 - Boys U 10 - Girls	Dep X - O + 1 LOOP 1 - O Dep X - O + 1 LOOP 1 - O	1.1 Km 1.1 Km
3	10:10H	U 12 - Boys	Dep E - F - G - O + 1 LOOP 1 - O	1.5 Km
4	10:20H	U 12 - Girls	Dep E - F - G - O + 1 LOOP 1 - O	1.5 Km
5	10:30H	U 14 - Boys U 16 - Girls	Dep O + 1 LOOP 1 + 1 LOOP 2 - O Dep O + 1 LOOP 1 + 1 LOOP 2 - O	3 Km 3 Km
6	10:45H	U 14 - Girls	Dep O + 1 LOOP 2 - O	2 km
7	11:00H	U 20 - Men MAS - Men	Dep E - F - G - O + 3 LOOPS 2 - O Dep E - F - G - O + 3 LOOPS 2 - O	6.5 Km 6.5 Km
8	11:20H	U 20 - Women	Dep O + 1 LOOP 1 + 2 LOOPS 2 - O	5 Km
9		Senior - Women U 18 - Boys	Dep O + 1 LOOP 1 + 2 LOOPS 2 - O Dep O + 1 LOOP 1 + 2 LOOPS 2 - O	5 km 5 Km
10	11:45H	U 18 - Girls	Dep O + 2 LOOPS 2 - O	4 Km
		U 16 - Boys MAS - Women	DEP E - F - G - O + 2 LOOPS 2 - O DEP E - F - G - O + 2 LOOPS 2 - O	4.5 Km 4.5 Km
11	12:00H	Fun Run	Dep O + 1 LOOP 2 - O	2 Km