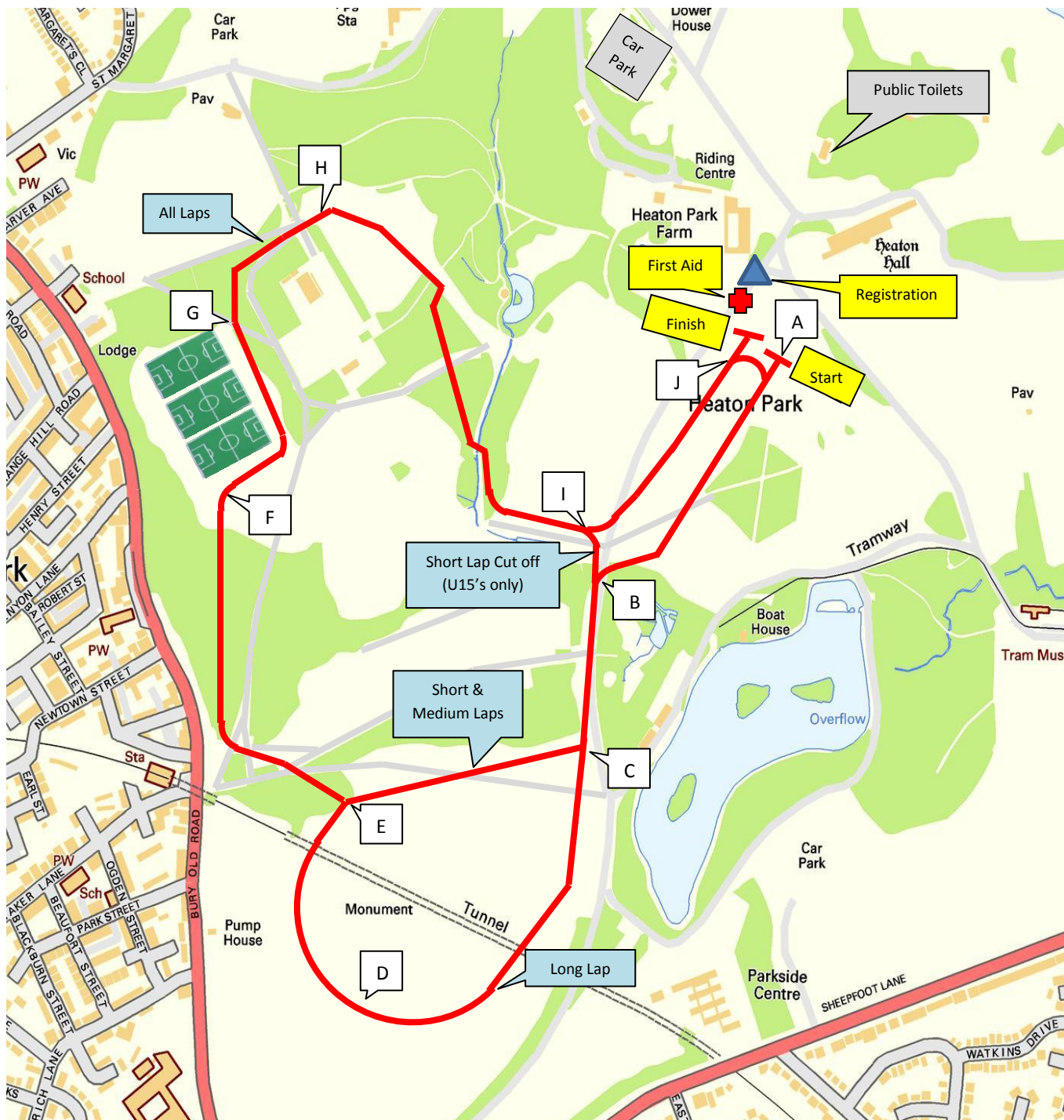


Manchester Area Cross Country League

Sat 16th January 2016 – Heaton Park



Time	Event	Approx Dist	Course
12:00pm	U11G + U11B	2830m	ABCEFGHIJ -> Finish (1 x Medium Lap)
12:15pm	U13G + U13B	3280m	ABCDEFGHIJ -> Finish (1 x Long Lap)
12:30pm	U15G + U15B	4970m	ABCEFGHI ->via cut off-> BCEFGHIJ -> Finish (1 x Short Lap + 1 x Medium Lap)
12:50pm	U17G + U17B	6110m	ABCDEFGHIJ -> BCDEFGHIJ -> Finish (1 x Medium Lap + 1 x Long Lap)
13:40pm	Sen, U20 + Vet Women	8490m	ABCDEFGHIJ -> BCEFGHIJ -> BCEFGHIJ -> Finish (3 x Medium Laps)
14:30pm	Sen, U20 + Vet Men	9840m	ABCDEFGHIJ -> BCDEFGHIJ -> BCDEFGHIJ -> Finish (3 x Long Laps)