



MANCHESTER AREA CROSS COUNTRY LEAGUE  
SHERDLEY PARK

\*Races 1, 2 & 4 begin with a shortened lap - see different start area

Race No.	Time	Category	Course	Distance
1*	12 noon	U11 Girls	1 Shortened Lap	2.2 km
2*	12:15 pm	U11 Boys & U13 Girls	1 Shortened Lap	2.2 km
3	12:30 pm	U13 Boys & U15 Girls	1 Full Lap	3.1 km
4*	12:50 pm	U15 Boys & U17 Girls	1 Shortened Lap + 1 Full Lap	5.2 km
5	1:20 pm	U17 Boys	2 Full Laps	6.2 km
6	1:40 pm	Women: Snr/U20/Vets	2 Full Laps	6.2 km
7	2:30 pm	Men: Snr/U20/Vets	3 Full Laps	9.3 km