

NYSD CROSS COUNTRY
 ACORN CENTRE, ACKLAM GRANGE SCHOOL
 MIDDLESBROUGH
 SUNDAY 7th FEBRUARY 2010

TIME TABLE

UNDER 13 BOYS Start A-B-C-D-E-G + Finish	1.75 miles (2800mts)	1:00PM
UNDER 13 GIRLS Start A-B-C-D-E-G + Finish	1.75 miles (2800mts)	1:10PM
UNDER 15 BOYS Start A-B-C-D-E-G + Finish	1.75 miles (2800mts)	1:20PM
UNDER 15 GIRLS Start A-B-C-D-E-G + Finish	1.75 miles (2800mts)	1:30PM
U20/SENIOR/VET LADIES Start-A-B-C-D-E-F-G-A-B-C-D-E-G-A + Finish	5000Mts	1:45PM
U20/SENIOR/VET MEN 3 x Large Laps + Start + 3 x A-B-C-D-E-F-G-A	10000 Mts 1 x Small lap A-B-D-E-F-G-A + Finish	2:15PM
UNDER 17 MEN 2 x Large Laps Start + 2 x A-B-C-D-E-F-G-A + Finish	5600Mts	2:15PM

