

NYS CROSS COUNTRY
ACORN CENTRE, ACKLAM GRANGE SCHOOL
MIDDLESBROUGH
SUNDAY 15th JANUARY 2012

TIME TABLE

UNDER 11 BOYS & GIRLS	1.25 miles (2000mts)	1:00PM
UNDER 13 BOYS Start A-B-C-D-E-G + Finish	1.75 miles (2800mts)	1:10PM
UNDER 13 GIRLS Start A-B-C-D-E-G + Finish	1.75 miles (2800mts)	1:20PM
UNDER 15 BOYS Start A-B-C-D-E-F-G + Finish	2.25 miles (3600mts)	1:30PM
UNDER 15 GIRLS Start A-B-C-D-E-F-G + Finish	2.25 miles (3600mts)	1:40PM
U17/U20/SENIOR/VET LADIES	5800Mts (3.5 miles)	1:50PM
UNDER 17 MEN Start-A-B-C-D-E-F-G-A-B-C-D-E-F-G + Finish		
U20/SENIOR/VET MEN 1 x Small lap Start + A-B-C-D-E-G	10000 Mts (6.2 miles) 3 x Large Laps 3 x A-B-C-D-E-F-G + Finish	2:20PM

