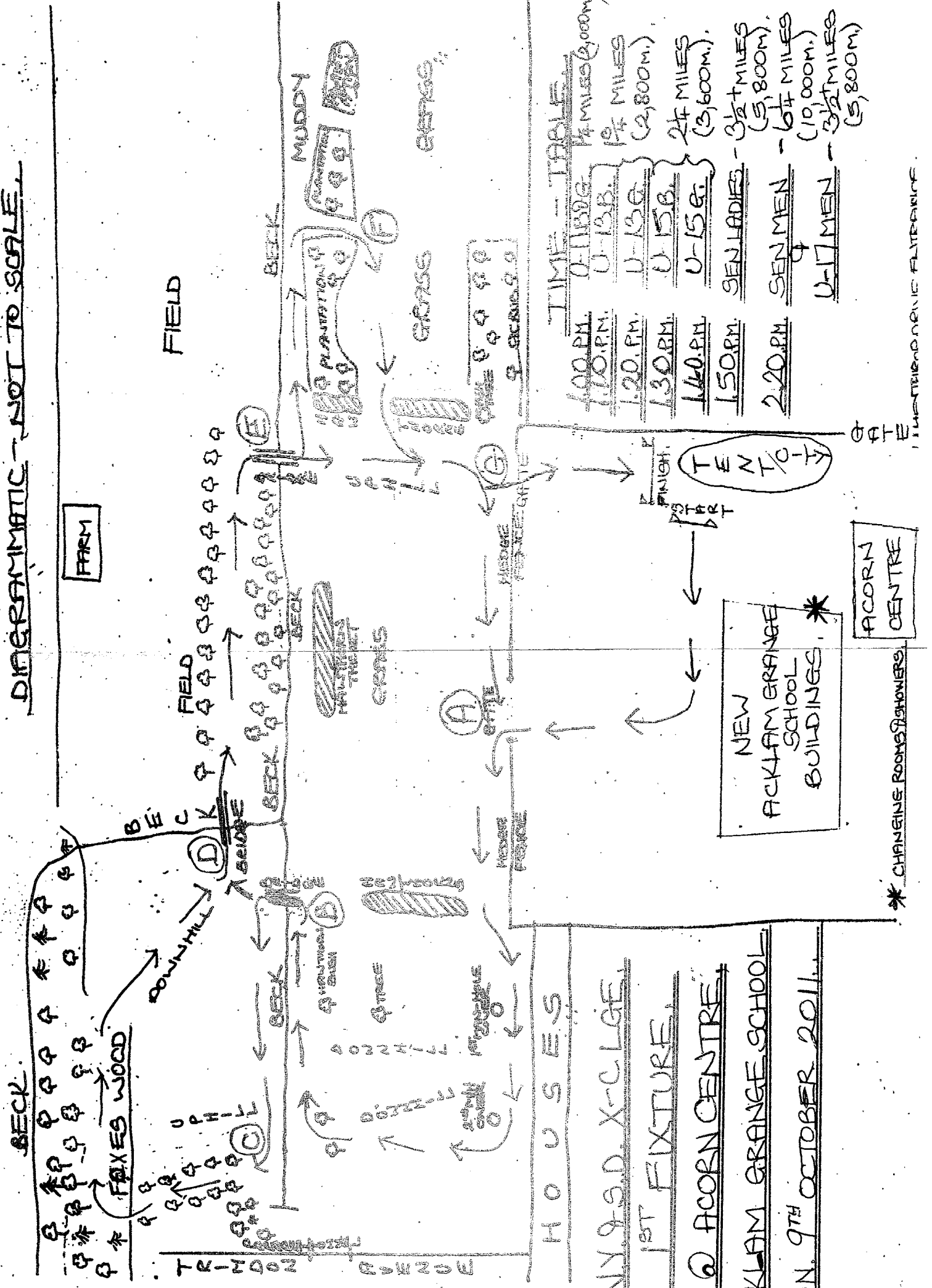


NYSD CROSS COUNTRY  
ACORN CENTRE, ACKLAM GRANGE SCHOOL  
MIDDLESBROUGH  
SUNDAY 9<sup>TH</sup> OCTOBER 2011

<u>U-11 BOYS &amp; GIRLS</u>	<u>1.25 MILES (2000m)</u>	<u>1.00 PM.</u>
<u>UNDER 13 BOYS</u> Start A-B-C-D-E-G + Finish	1.75 miles (2800mts)	1:10PM
<u>UNDER 13 GIRLS</u> Start A-B-C-D-E-G + Finish	1.75 miles (2800mts)	1:20PM
<u>UNDER 15 BOYS</u> Start A-B-C-D-E-F-G + Finish	2.25 miles (3600mts)	1:30PM
<u>UNDER 15 GIRLS</u> Start A-B-C-D-E-F-G + Finish	2.25 miles (3600mts)	1:40PM
<u>U20/SENIOR/VET LADIES</u> Start-A-B-C-D-E-F-G-A-B-C-D-E-F-G + Finish	5800Mts ( <u>3.5 MILES</u> )	1:50PM
<u>U20/SENIOR/VET MEN</u> <del>3 x Large Laps</del> + <del>1 x Small lap</del> Start + 3 x A-B-C-D-E-F-G-A      A-B-C-D-E-G + Finish	10000 Mts ( <u>6.4 MILES</u> )	2:20PM
<u>UNDER 17 MEN</u> 2 x Large Laps Start + 2 x A-B-C-D-E-F-G + Finish	5800Mts 3.5 miles	2:20PM

DIAGRAMMATIC - NOT TO SCALE.



TIME TABLE

1.00 PM	0-11.30	1/4 MILES (2,000M.)
1.10 PM	0-13.30	1/4 MILES (2,800M.)
1.20 PM	0-13.30	2/4 MILES (3,600M.)
1.30 PM	0-15.30	3/4 MILES (5,400M.)
1.40 PM	0-15.30	6/4 MILES (10,800M.)
1.50 PM	SEN LADIES	3/4 MILES (5,400M.)
2.20 PM	SEN MEN	6/4 MILES (10,800M.)
	U-17 MEN	3/4 MILES (5,400M.)

NEW ACKLAM GRANGE SCHOOL BUILDINGS \*  
ACORN CENTRE

NY.9.S.D. X-CLGE.  
1ST FIXTURE.  
ACORN CENTRE.  
ACKLAM GRANGE SCHOOL.

SUN. 9TH OCTOBER 2011.

\* CHANGING ROOMS SHOWERS  
\* MENTHOLOIDINE FLATBAG