



## NYS Cross Country League – Round 4 Croft Circuit – Sunday 4th December

One lap = 2k

1. U11 Boys & Girls 1.6k	13.00hrs
2. Under 13 Boys: 1 lap + Finish	13.10 Hrs
3. Under 13 Girls: 1 lap + Finish	13.20 Hrs
4. Under 15 Boys: 2 laps + Finish	13.30 Hrs
5. Under 15 Girls: 2 laps + Finish	13.40 Hrs
6. Inter/Snr/Vet Ladies: 3 laps + Finish	13.50 Hrs
7. Undr 17 Boys            3 laps + Finish	
U20 /Snr/Vet Men:    4 laps + Finish	14.20 Hrs