

South West Schools Cross Country Championships

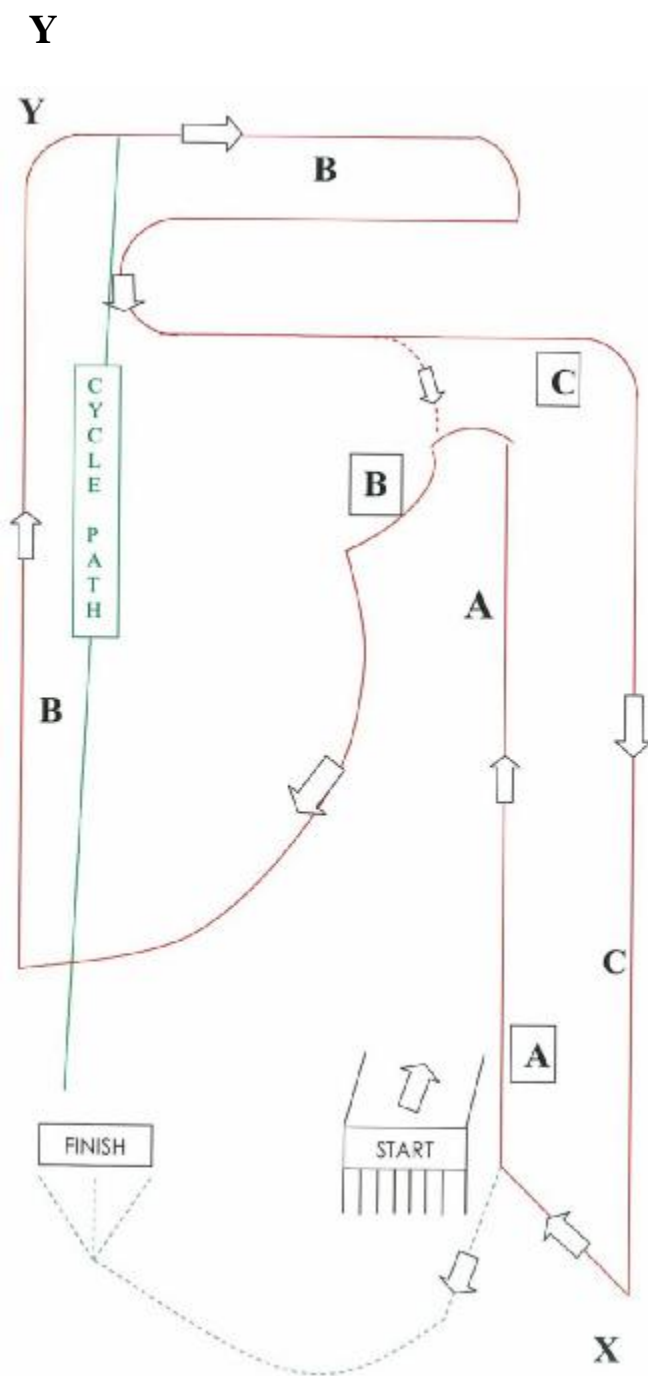
Eastern/Exhibition Field, Exeter Arena, Summer Lane, Whipton, Exeter, EX4 8NT

- Saturday, 4 February 2012
- First Race – 1.30pm
- Course Open – 11.30am
- Parking/Toilets at Exeter Arena
- Declarations at Exeter Harriers Clubhouse
- Please do not go across Rugby Pitches on way to/from the Cross Country Course.

Time	Race	Course	Mts
1.30pm	MG	Large = ABC	2000
1.35pm	MB	Medium + Large = A 2 x B C	3000
1.50pm	JG	Medium + Large = A 2 x B C	3000
2.10pm	JB	2 x Large = A B C A B C	3900
2.30pm	IG	2 x Large = A B C A B C	3900
2.50pm	IB	3 x Large = A B C A B C A B C	5800
3.10pm	SG	2 x Large = A B C A B C	3900
3.30pm	SB	Medium + 3 x Large = A 2 x B C A B C A B C	6800

Large ABC 1900Mts
 Medium B 1000Mts
 Small AC 900Mts
 Finish 100

Height Difference
 X a Y + 25Mts
 Y a X - 25Mts



A }
 B } Markers on Course
 C }

400 }
 200 } Metres to Finish -
 100 } to be marked on
 Course