

| Time    | Event                | Approx Dist | Course  |
|---------|----------------------|-------------|---|
| 12:00pm | U11G + U11B          | 2100m       | A B C D E G I -> B -> Finish  |
| 12:15pm | U13G + U13B          | 3200m       | A B C D E F G H I -> B -> Finish  |
| 12:30pm | U15G + U15B          | 4300m       | A B C D -> B C D E F G H I -> B -> Finish                                       |
| 12:50pm | U17G + U17B          | 5900m       | A B C D E F G H I -> B C D E F G H I -> B -> Finish                             |
| 13:30pm | Sen, U20 + Vet Women | 7000m       | A B C D -> B C D E F G H I -> B C D E F G H I -> B -> Finish                    |
| 14:30pm | Sen, U20 + Vet Men   | 9800m       | A B C D -> B C D E F G H I -> B C D E F G H I -> B C D E F G H I -> B -> Finish |

# Manchester Area Cross Country League

Sat 14<sup>th</sup> January 2017 – Kenworthy Woods

Please note new start time for Sen, U20 + Vet Women -13:30pm

