

South West Northumberland Cross Country:

Thursday 26th November 2015 at Allendale Primary School

Race Timetable (approx.)

10.00	A warm up lap so competitors can get a 'feel for the course'
10.10	Year 6 boys: 2 full laps 1280 metres
10.25	Year 3 boys: 1 full lap 640 metres
10.35	Year 3 girls: 1 full lap 640 metres
10.45	Year 4 boys: 2 laps (no top loops) 900 metres
10.55	Year 4 girls: 2 laps (no top loops) 900 metres
11.05	Year 5 boys: 2 laps (no top loop on 1 st lap) 1090 metres
11.20	Year 5 girls: 2 laps (no top loop on 1 st lap) 1090 metres
11.35	Year 6 girls: 2 full laps 1280 metres
11.50	Medal Ceremony and team results