

## **South West Northumberland Cross Country:**

**Thursday 26<sup>th</sup> November 2015** at Allendale Primary School

### **Race Timetable (approx.)**

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