

RACE TIMES, COURES AND DISTANCES

VERY IMPORTANT NOTICE TO ALL ATHLETES – PLEASE READ NOW:

If you finish in the top 13 (or you put yourself forward as a Special Consideration) and you make yourself available for the SWS XC Champs, then, if selected, you must be able to travel to the South West Schools' XC Championship by your own means. Otherwise you will not be selected to run in the South West Schools' XC Championship.

10.45	SB: Start →A, PINKLOOP→D, RED LOOP→A, 2 X ALMOST FULL LOOPS →A (WHITE→B, YELLOW→C, BLACK→D, RED→A), WHITE→B, YELLOW→FINISH	6,585m
10.46	MG: Start →A, PINK LOOP→A, WHITE→B, YELLOW→FINISH	2,340m
11.05	SG & IG: Start →A, WHITE LOOP→A, WHITE→D, BLUE LOOP→A, WHITE→B, YELLOW→FINISH	3,830m
11.20	MB: Start →A, WHITE→D, RED LOOP →A, WHITE→B, YELLOW→FINISH	2,670m
11.30	JG: Start →A, PINK LOOP→A, WHITE LOOP→A, WHITE→B, YELLOW→FINISH	3,250m
11.40	JB: Start →A, WHITE LOOP→A, WHITE→D, BLUE LOOP→A, WHITE→B, YELLOW→FINISH	3,830m
11.55	IB: Start→A, PINK LOOP→A, WHITE LOOP→A, FULL LOOP→A(WHITE→B, YELLOW→C, BLACK→D, BLUE→A)WHITE→B, YELLOW→FINISH	5,550m

TOP 13 + 1ST& 2ND A & B TEAMS MUST REPORT A.S.A.P*

TO THE RESULTS HUB: RH  (PLEASE CHANGE OUT OF YOUR RUNNING SPIKES)

The first three in each race will each receive a medal and a certificate; places 4, 5 & 6 will receive certificates. There will also be certificates for the 1st and 2nd teams.

DON'T MISS OUT: GO TO: RH  A.S.A.P* AFTER YOUR RACE

***YOU HAVE 5 MINS TO HAVE A SHORT WARM DOWN, RECOVER & CHANGE OUT OF YOUR SPIKES BEFORE**

GOING TO: RH  THE RESULTS HUB