



## **SOUTH-WEST COUNTIES SCHOOLS CROSS-COUNTRY 2025**

### **Timetable**

11-00 a.m. to 12-30 p.m. Team Registration

1-30 p.m. Senior Girls 2 Extra Large Laps 4176m  
 1-51 p.m. Junior Boys 2 Large Laps 3216m  
 2-05 p.m. Junior Girls 2 Large Laps 3216m  
 2-20 p.m. Inter Boys 3 Large Laps 4684m  
 2-40 p.m. Minor Girls 2 Small Laps 2114m  
 2-50 p.m. Minor Boys 1 Small + 1 Large 2665m  
 3-01 p.m. Inter Girls 1 Small + 1 Medium + 1 Large 3798m  
 3-18 p.m. Senior Boys 3 Extra Large Laps 6124m

**Course:** Small Lap **ABDEGJA** 917m, Medium Lap **ABCDEGJA** 1133m,  
 Large Lap **ABCDEGHJA** 1468m Extra Large Lap **ABCDEGFHJA** 1948m,  
 Start Run Out 140m, Finish Run In 140m