

COURSES –All courses suitable for spikes			
Time	Age Grps	Course	Km
1.00	G & B U11	Short - SACDEJF	1.6
1.15	G & B U13	Short - SACDEJ	3.0
		Short - ACDEJF	
1.35	W S,J & V, M U17	Medium - SABCDEJ	6.0
		Long - ABCDEGHEJF	
2.10	G & B U15, W U17	Medium - SABCDEJ	4.2
		Medium - ABCDEJF	
2.30	M S,J & V	Men Short - SABC	8.6
		Long - ABCDEGHEJ	
		Long - ABCDEGHEJF	

EAST DISTRICT XC LEAGUE
Queen Anne High School
Dunfermline
Sunday 22 November 2009

