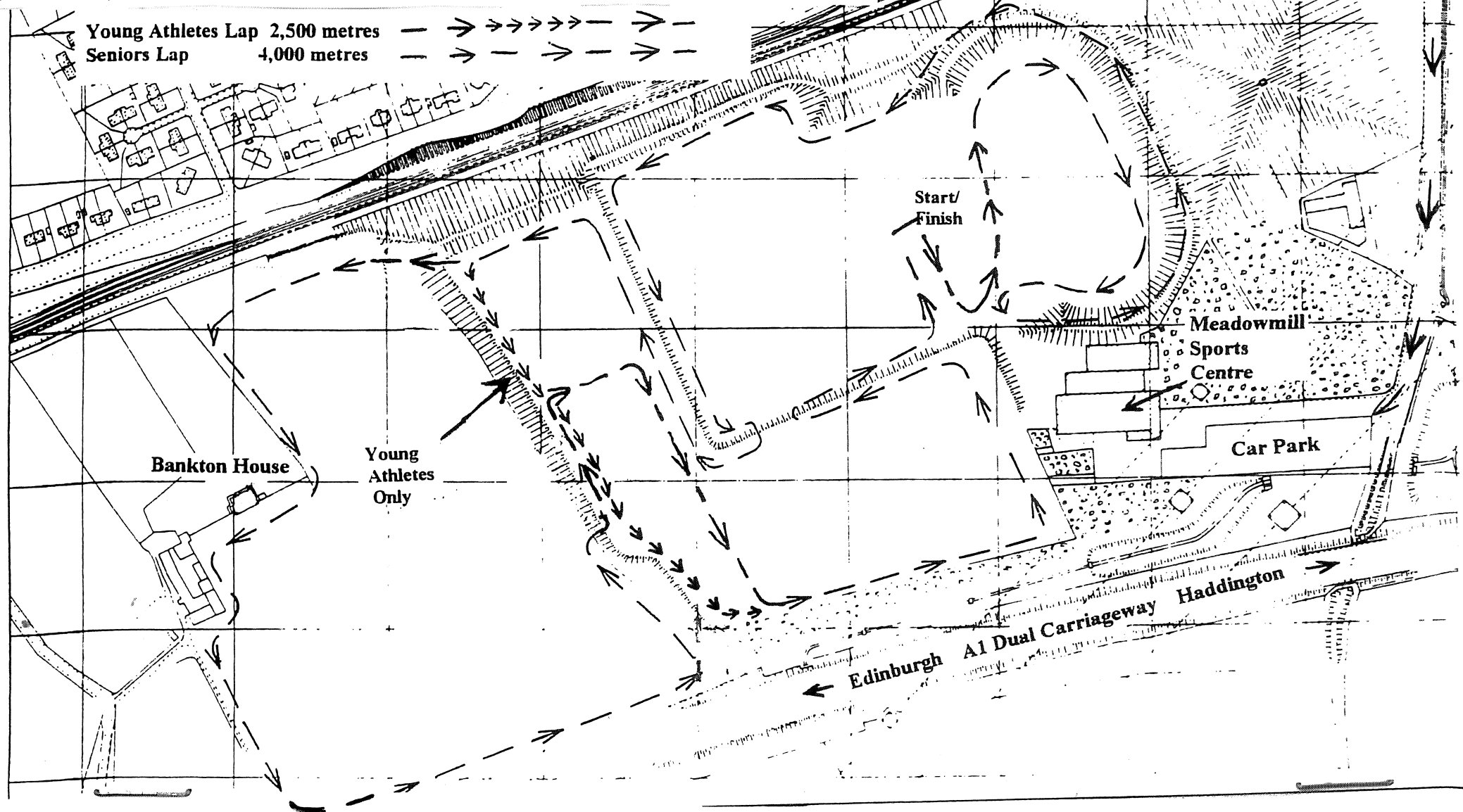


East District Cross Country Relays
Meadowmill Sports Centre, Prestonpans
Saturday 9th October 2010



Race	Declarations Close	Start
Young Females	12.00 noon	12.30 pm
Young Males	12.35 pm	1.05 pm
Sen/Jun Females (inc Masters)	1.10 pm	1.40 pm
Sen/Jun Males (inc Masters)	2.10 pm	2.40 pm

Young Athletes Lap 2,500 metres — — — — —
 Seniors Lap 4,000 metres — — — — —



Bankton House

Young Athletes Only

Start/Finish

Meadowmill Sports Centre

Car Park

Edinburgh ← A1 Dual Carriageway → Haddington