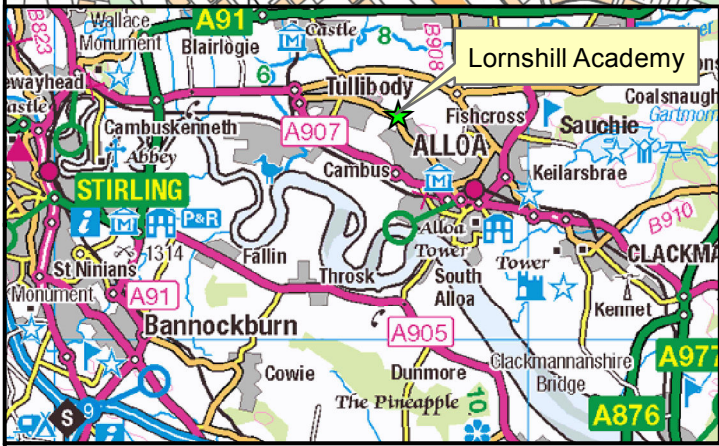
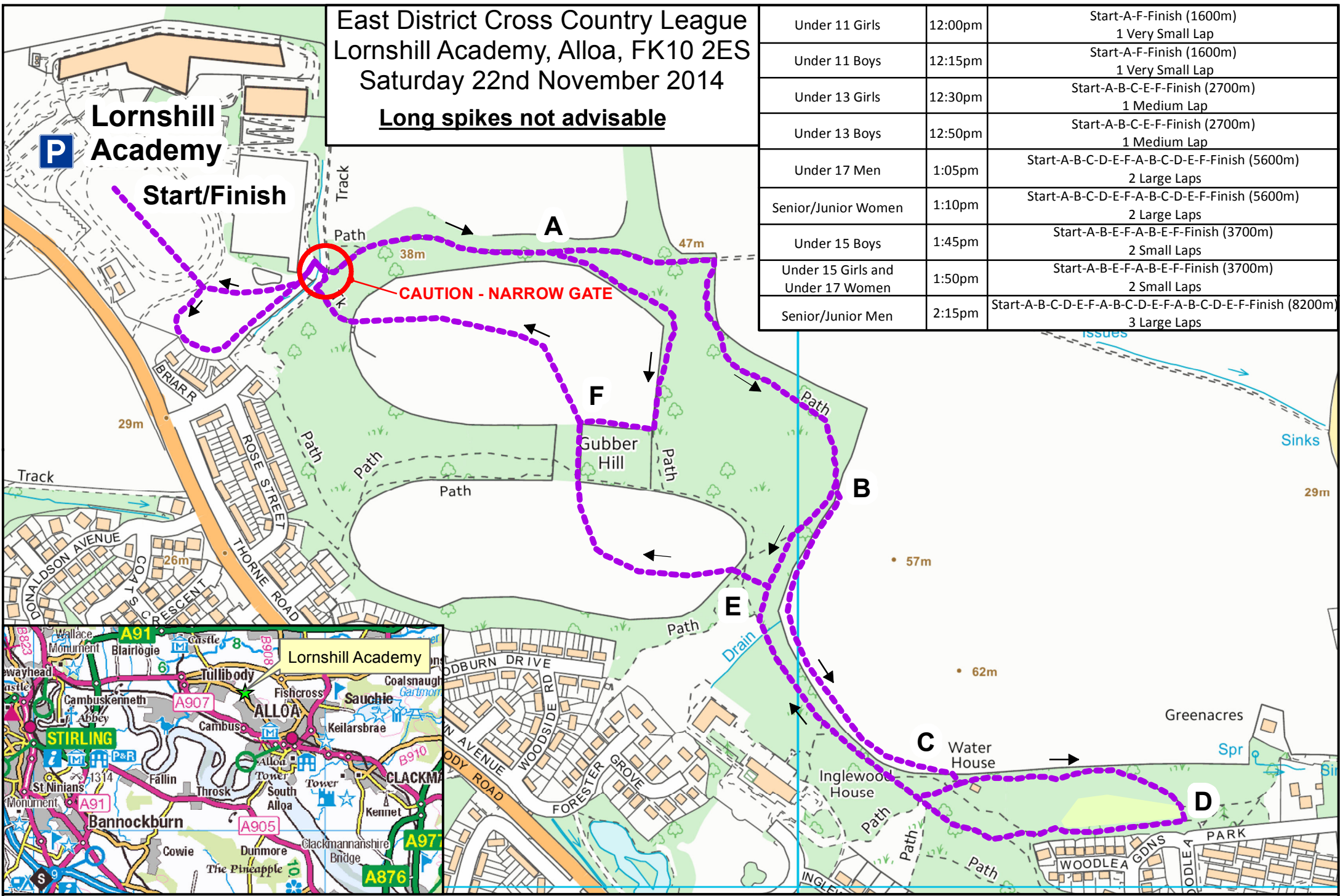


# East District Cross Country League Lornshill Academy, Alloa, FK10 2ES Saturday 22nd November 2014

**Long spikes not advisable**

Under 11 Girls	12:00pm	Start-A-F-Finish (1600m) 1 Very Small Lap
Under 11 Boys	12:15pm	Start-A-F-Finish (1600m) 1 Very Small Lap
Under 13 Girls	12:30pm	Start-A-B-C-E-F-Finish (2700m) 1 Medium Lap
Under 13 Boys	12:50pm	Start-A-B-C-E-F-Finish (2700m) 1 Medium Lap
Under 17 Men	1:05pm	Start-A-B-C-D-E-F-A-B-C-D-E-F-Finish (5600m) 2 Large Laps
Senior/Junior Women	1:10pm	Start-A-B-C-D-E-F-A-B-C-D-E-F-Finish (5600m) 2 Large Laps
Under 15 Boys	1:45pm	Start-A-B-E-F-A-B-E-F-Finish (3700m) 2 Small Laps
Under 15 Girls and Under 17 Women	1:50pm	Start-A-B-E-F-A-B-E-F-Finish (3700m) 2 Small Laps
Senior/Junior Men	2:15pm	Start-A-B-C-D-E-F-A-B-C-D-E-F-A-B-C-D-E-F-Finish (8200m) 3 Large Laps



Scale 1:5,000 @ A4



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