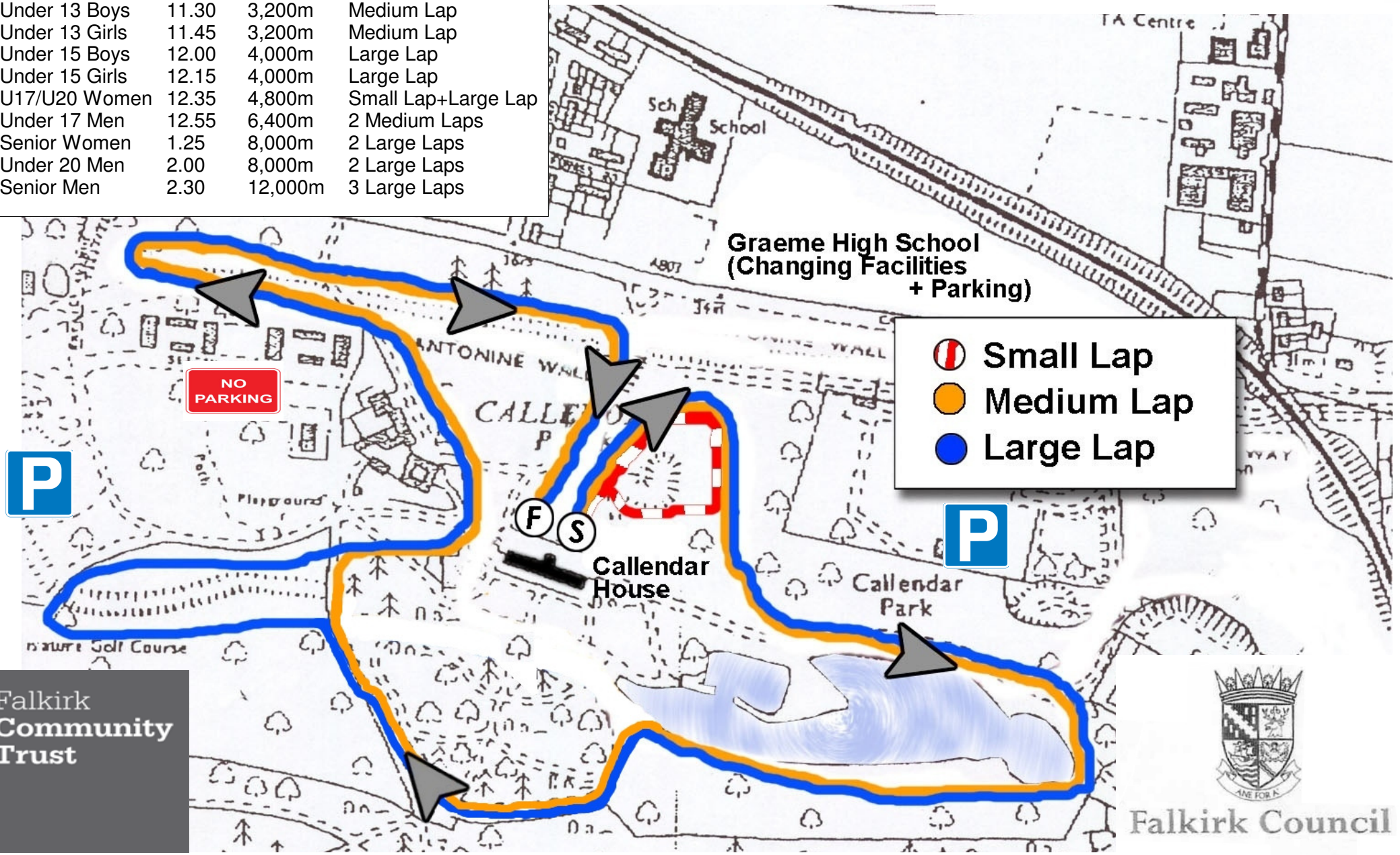
Scottish National Cross Country Championships
Falkirk (Callendar Park) Saturday 18th February 2012

scottishathletics

Race	Start	Distance	Laps
Under 13 Boys	11.30	3,200m	Medium Lap
Under 13 Girls	11.45	3,200m	Medium Lap
Under 15 Boys	12.00	4,000m	Large Lap
Under 15 Girls	12.15	4,000m	Large Lap
U17/U20 Women	12.35	4,800m	Small Lap+Large Lap
Under 17 Men	12.55	6,400m	2 Medium Laps
Senior Women	1.25	8,000m	2 Large Laps
Under 20 Men	2.00	8,000m	2 Large Laps
Senior Men	2.30	12,000m	3 Large Laps



Falkirk Community Trust

Falkirk Council