

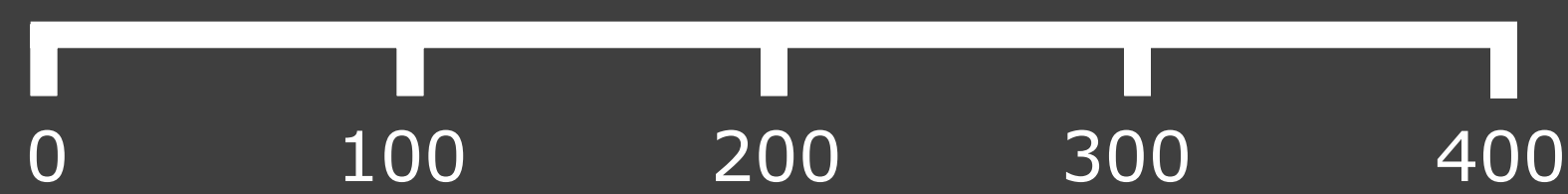
# LIVINGSTON ATHLETIC CLUB

## CROSS COUNTRY SERIES

### Dechmont Law Park, Livingston

| AGE GROUPS     | DECLARATIONS CLOSE | RACE START | COURSE                       |
|----------------|--------------------|------------|------------------------------|
| U11G/U11B      | 11.00              | 11.30      | S-Y-A-H-F (1.3K)             |
| U13G/U13B      | 11.15              | 11.45      | S-Y-A-B-G-H-F (1.7K)         |
| U15G/U15B/U17W | 11.30              | 12.00      | S-Y-A-B-C-E-G-H-F (2.4K)     |
| U17M/SW/SM     | 11.50              | 12.20      | S-Y-A-B-J-C-D-E-G-H-F (3.9K) |

SCALE (METRES)



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