

East District Cross Country Relays
Glamis Castle, Angus, DD8 1RJ
Saturday 14th October 2017



Race	Declarations Close	Race Starts	Young Athletes Lap 2,500 metres
Young Females	12.00noon	12.30pm	Start – A –B - Finish
Young Males	12.35pm	1.05pm	
Sen/Jun Females	1.10pm	1.40pm	Seniors Lap 4,000 metres
Sen/Jun Males	2.10pm	2.40pm	Start – A – B – C – B - Finish

