



LIVINGSTON ATHLETIC CLUB

CROSS COUNTRY SERIES

Dechmont Law Park, Livingston

Knightsridge

AGE GROUPS	RACE START	DECLARATIONS CLOSE	COURSE
U11G/U11B	11.30	11.00	S-A-B-C-J-F (1.3K)
U13G/U13B	11.45	11.15	S-A-B-C-D-I-J-F (1.7K)
U15G/U15B	12.00	11.30	S-A-B-C-D-E-H-I-J-F (2.4K)
U17/U20/SEN	12.20	11.50	S-A-B-(x2)-C-D-E-G-H-I-J-F (3.7K)

KEY

-  Course
-  Path to course

SCALE (METRES)



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