

## 2.2 Draft Event Timetable – Great Stirling XCountry and Great Stirling Castle Run

<u>Time</u>	<u>Race Title (Provisional)</u>	<u>Race Distance</u>	<u>Race Duration</u>	<u>No of athletes</u>	<u>Laps</u> <u>Short = 1k</u> <u>Long = 1.5k</u>
09:00 – 12:00	<b>Great Stirling Castle Run (Morning Session)</b>	7.4km	n/a	1200 capacity – 200 per start	*Different course*
10:25	U13 Girls Inter District + U13 Boys Inter District	3km	11 – 15mins	90	2 x Long Laps
10:50	U15 Girls Inter District + U15 Boys Inter District	4km	15m30secs – 20mins	90	1 x Short then 2 x Long Laps
11:30	U17 Girls Inter District + U17 Boys Inter District	5km	17mins – 22mins	90	2 x Short then 2 x Long Laps
12:00 – 14:30	<b>Great Stirling Castle Run (Afternoon Session)</b>	7.4km	n/a	1200 capacity – 200 per start	*Different course*
12:10	Senior + Junior Women Inter District	6km	21mins – 26mins	60	4 x Long Laps
12:40	Senior + Junior Men Inter District	8km	26mins – 32mins	60	2 x Short then 4 x Long Laps
13:15	<b>BBC ON AIR</b>				
13:23	Great Stirling X Country Women's 6km*	6km	20m 30sec – 23mins	18	4 x Long Laps
13:55	Great Stirling X Country Men's 8km*	8km	25m 30sec – 27mins	18	2 x Short then 4 x Long Laps
14:35?	Great Stirling X Country 4 x 1.5k Relay* - Senior + U20's	4x1.5k	18-22 Mins	6 teams of 4	4 x Short Laps
15:15	<b>BBC OFF AIR</b>				

\*Live on TV (Subject to change)