

Key To Colours		Lap Comments
	Shorter Lap >	RMNOPQ - Finish (1150 mtrs)
	Small Lap >	ABCDLMNOPQ - Finish or B (1750 mtrs)
	Large Lap >	ABCDEFGHJKLMNOPQ - Finish or B (2500 mtrs)

Race	Start Time	Age	Route	Distance
1	10:00	U11 Girls	1 x small lap starting at P	1800 mtrs
2	10:15	U11 Boys	1 x small lap starting at P	1800 mtrs
3	10:30	U13 Girls	1 x large lap	2500 mtrs
4	10:50	U13 Boys	1 x large lap	2500mtrs
5	11:10	U15 Girls	2 x small laps	3350 mtrs
6	11:30	U17 Girls	2 x small laps starting at P	3750 mtrs
6	11:30	U19 Girls	2 x small laps starting at P	3750 mtrs
7	11:55	U15 Boys	2 x small laps	3350 mtrs
8	12:15	U17 Boys	2 x large laps	5000 mtrs
8	12:15	U19 Boys	2 x large laps & 1 x shorter lap	6150 mtrs

** All Distances are Approximate **

Northants Schools County Cross Country Championships Course Map