

**Avon Schools Cross Cross Country Course, Saturday 19th January, 2019:
Cathedral Choir School Playing Fields, Beggar Bush Lane, BS8 3TG**

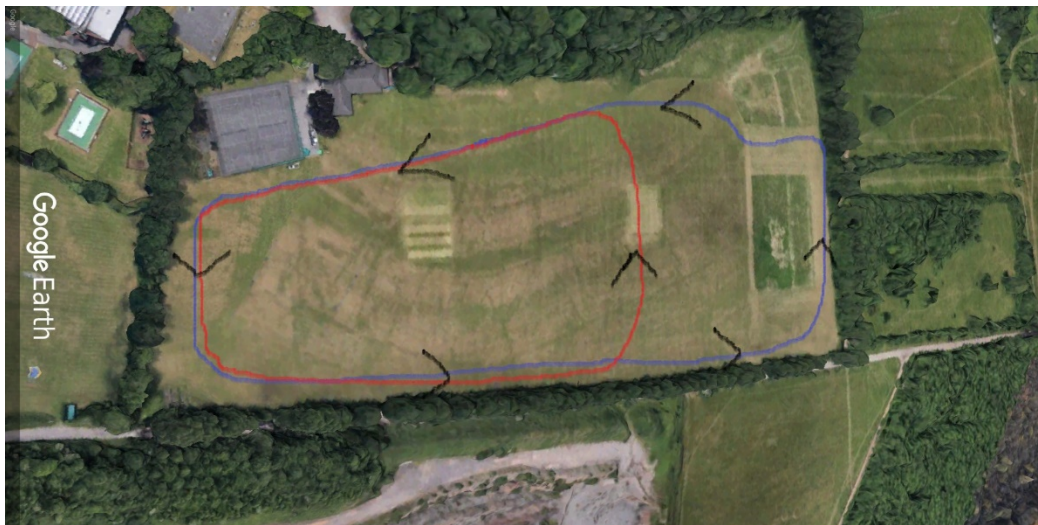
Registration: 09:30-10:00 hrs

All athletes to register with their designated Area Team Managers

Marshal briefing at 10:05 hrs

Athlete briefing at 10:15 hrs

First race called at 10:25 hrs



RUNNERS KEEP TAPE ON LEFT AT ALL TIMES

Lap indicated as **blue line** 1100 m Loop indicated as **red line** 750 m

All distances are approximate

50 metres added to all race distances to account for finish

Order of races: all start times approximate

Time	Athletes	Distance	Laps	Race colour
10.30	Senior Boys	6700m	3 loops and 4 laps	Purple
10.40	Minor Girls	2700m	2 loops and 1 laps	Pale Blue
10.50	Minor Boys	3000m	1 loop and 2 laps	Red
11.00	Junior Girls	3000m	1 loop and 2 laps	Yellow
11.15	Junior Boys	4000m	1 loop and 3 laps	White
11.30	Inter Girls	4000m	1 loop and 3 laps	Orange
11.30	Senior Girls	4000m	1 loop and 3 laps	Pink
11.45	Inter Boys	5200m	1 loop and 4 laps	Green

Please note that race colours need to be correct and runners only collect their colour