



2019-20 Oxfordshire Cross Country League Round 4 – Venue: Lawns Park, Swindon

Sunday, 2nd February 2020

9:55am Under 9 Girls & Boys
10:00am Under 11 Girls
10:10am Under 11 Boys

10:20am Under 13 Girls
10:30am Under 13 Boys
10:45am Under 15/17 Girls

11:00am Under 15/17 Boys
11:20am Men
12:00pm Women



Mini Lap:

A - B - C - D - E - F - G - H -

Small Lap:

A - B - C - D - E - I - M - F - G - H -

Medium Lap:

A - B - C - D - E - I - J - K - L - M - F - G - H -

Long Lap:

A - B - C - D - E - I - J - K - L - M - N - O - P - Q - R - S - T - U - G - H -

U09 Girls & Boys:

Start - (1 Mini Lap) - Finish (1050m)

U11 Girls & Boys:

Start - (1 Small Lap) - Finish (1440m)

U13 Girls & Boys:

Start - (1 Mini Lap + 1 Small Lap) - Finish (2480m)

U15/U17 Girls:

Start - (2 Medium Laps) - Finish (3660m)

U15/U17 Boys:

Start - (1 Small Lap + 2 Medium Laps) - Finish (5080m)

Men:

Start - (1 Small Lap + 3 Long Laps) - Finish (8850m)

Ladies:

Start - (1 Small Lap + 2 Long Laps) - Finish (6380m)