



# 2019-20 Oxfordshire Cross Country League Round 1 at Bicester Heritage - 3rd Nov 2019



- U09:** Start - (1 Mini Lap) - Finish (1220m)
- U11:** Start - (1 Small Lap) - Finish (1520m)
- U13:** Start - (1 Short Lap) - Finish (2520m)
- U15/U17G:** Start - (1 Medium Lap) - Finish (3580m)
- U15/U17B:** Start - (1 Long Lap) - Finish (4860m)
- Men:** Start - (1 Long Lap + 1 Large Lap) - Finish (9120m)
- Ladies:** Start - (1 Short Lap + 1 Large Lap) - Finish (6870m)

**Mini Lap:**  
A - B - P - Q - R -

**Small Lap:**  
A - B - C - O - P - Q - R -

**Short Lap:**  
A - B - C - D - E - N - O - P - Q - R -

**Medium Lap:**  
A - B - C - D - E - F - J - K - M - N - O - P - Q - R -

**Long Lap:**  
A - B - C - D - E - F - G - H - I - J - K - L - M - N - O - P - Q - R -

**Large Lap:**  
A - B - C - D - E - F - G - H - S - T - U - V - Q - R -

- 9:55am U9 Girls and Boys
- 10:00am U11 Girls
- 10:10am U11 Boys
- 10:20am U13 Girls
- 10:30am U13 Boys
- 10:45am U15 and U17 Girls
- 11:00am U15 and U17 Boys
- 11:20am Men
- 12:00pm Women