

# WSAA Inter Districts Cross Country Championships

## Penlan Arena, Brecon 13th February 2019



### Timetable:

13:00	Junior Girls	Start - 1 Sm, 1L - Finish	3710m
13:20	Junior Boys	Start - 2 Large - Finish	4500m
13:40	Senior Girls	Start - 2 Sm, 1L - Finish	5020m
14:05	Yr 7 Boys	Start - 2 Small - Finish	2920m
14:20	Yr 7 Girls	Start - 2 Small - Finish	2920m
14:35	Senior Boys	Start - 1 S, 2 L - Finish	5810m
15:00	Middle Girls	Start - 2 Large - Finish	4500m
15:20	Middle Boys	Start - 2 Sm, 1 L - Finish	5020m

### Course Detail:

Start to A 150m      E to Finish 150m  
 Small Lap - ABDEA - 1310m  
 Large Lap - ABCDEA - 2100m

