



Junior Cross Country League
 Sunday 15th March
 Aldershot

Short lap - A - B - G - A
 Long lap - A - B - C - D - E - F - G - A

U9 Girls	1.00pm	1 Long	1500m
U9 Boys	1.15pm	1 Long	1500m
U11 Girls	1.30pm	1 Short, 1 Long	2200m
U11 Boys	1.50pm	1 Short, 1 Long	2200m
U13 Girls	2.05pm	2 Long	3000m
U13 Boys	2.20pm	2 Long	3000m

U15 G&B 2.35pm 3 laps (see below) 4000m

U15 first lap
 A - B - C - D - E - F - G ->>> cut across to B
 U15 second lap
 B - C - D - E - F - G - A
 U 15 final Lap is a standard long lap

U17s may run as guests in the U15 race

Athlete Car Parking is accessed from Bourley Road - use postcode GU11 1QA

Please keep off all football pitches.

John Henry's Catering company will be at this event selling hot food and drinks