

Hertfordshire County Cross Country Championships – 8 January 2012

Timetable and approximate distances

11.00	U11 Girls	1 Short (Red) Lap	1600m
11.10	U11 Boys	1 Short (Red) Lap	1600m
11.20	U13 Girls	1 Long (Blue) Lap	2900m
11.35	U13 Boys	1 Long (Blue) Lap	2900m
11.50	U15 Girls/U15 Boys	1 Short (Red) Lap + 1 Long (Blue) Lap	4500m
12.15	U17 Women/U20 Women/U17 Men	2 Long (Blue) Laps	5800m
12.40	U20 Men and Senior Women	1 Short (Red) Lap + 2 Long (Blue) Laps	7400m
13.25	Senior Men	4 Long (Blue) Laps	11600m