

LSAA Cross Country Course map Wharfe Meadows

Race Order	Gender	Course Route	Approx distance
U9	Girls	A-B-C-F-G-L-J-K-Finish	900 m
U9	Boys	A-B-C-F-G-L-J-K-Finish	900 m
U13	Girls	A-B-C-D-E-F-G-H-I-J-K x2laps	2900 m
U13	Boys	A-B-C-D-E-F-G-H-I-J-K x2laps, then A-B-C-D K-Finish	3,600 m
U11	Girls	A-B-C-D-E-F-G-H-I-J-K -Finish	1500 m
U11	Boys	A-B-C-D-E-F-G-H-I-J-K -Finish	1500 m
U15	Girls	A-B-C-D-E-F-G-H-I-J-K x2laps, then A-B-C-D-K Finish	3,600 m
U15	Boys	A-B-C-D-E-F-G-H-I-J-K x2laps, then A-B-C-F-G-L-J-K- Finish	4,000 m

U13 & U15 race may be amalgamated if athlete numbers permit.

