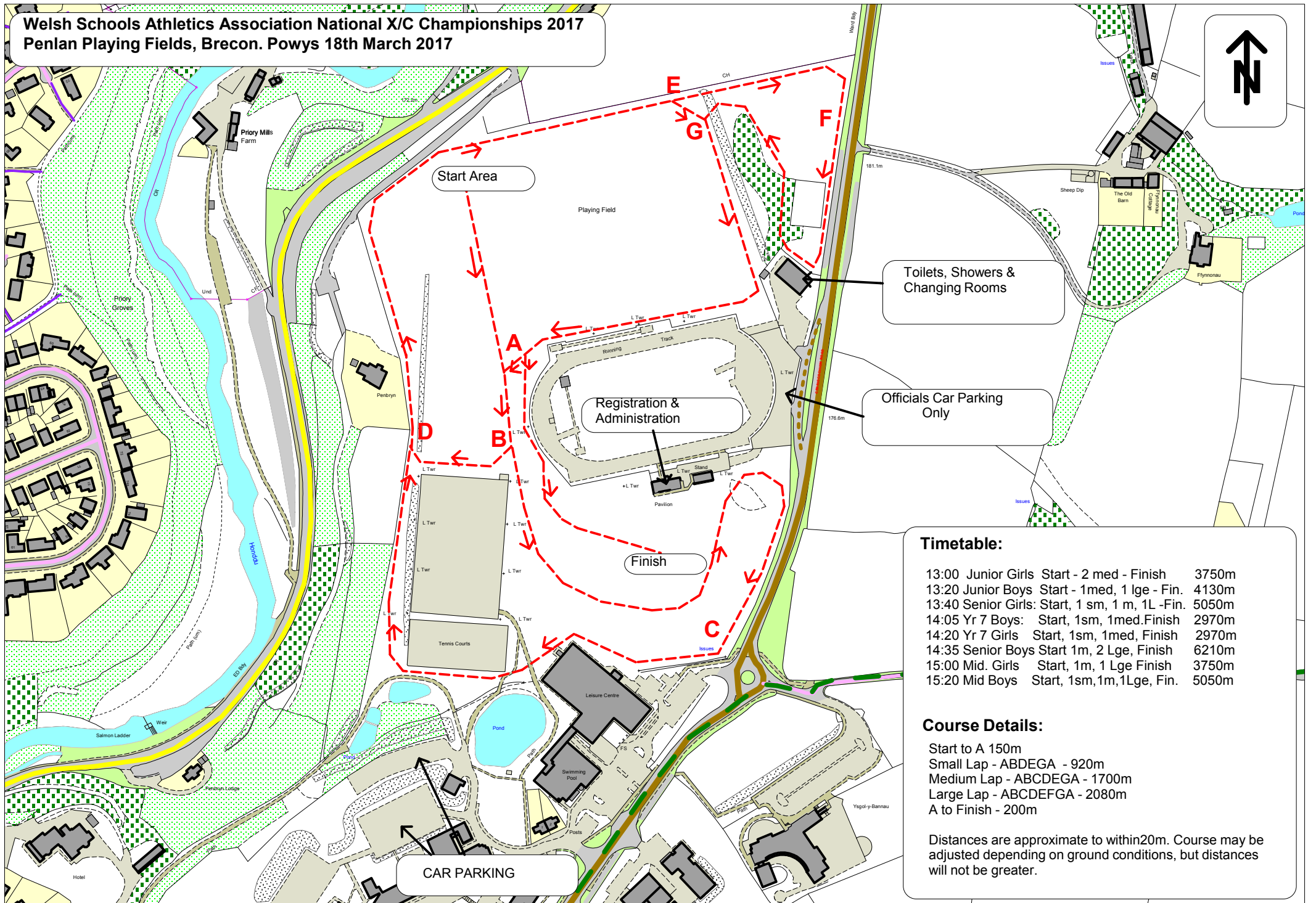


Welsh Schools Athletics Association National X/C Championships 2017
Penlan Playing Fields, Brecon. Powys 18th March 2017



Timetable:

13:00	Junior Girls	Start - 2 med - Finish	3750m
13:20	Junior Boys	Start - 1med, 1 lge - Fin.	4130m
13:40	Senior Girls:	Start, 1 sm, 1 m, 1L -Fin.	5050m
14:05	Yr 7 Boys:	Start, 1sm, 1med.Finish	2970m
14:20	Yr 7 Girls	Start, 1sm, 1med, Finish	2970m
14:35	Senior Boys	Start 1m, 2 Lge, Finish	6210m
15:00	Mid. Girls	Start, 1m, 1 Lge Finish	3750m
15:20	Mid Boys	Start, 1sm, 1m, 1Lge, Fin.	5050m

Course Details:

Start to A - 150m
 Small Lap - ABDEGA - 920m
 Medium Lap - ABCDEGA - 1700m
 Large Lap - ABCDEFGA - 2080m
 A to Finish - 200m

Distances are approximate to within 20m. Course may be adjusted depending on ground conditions, but distances will not be greater.