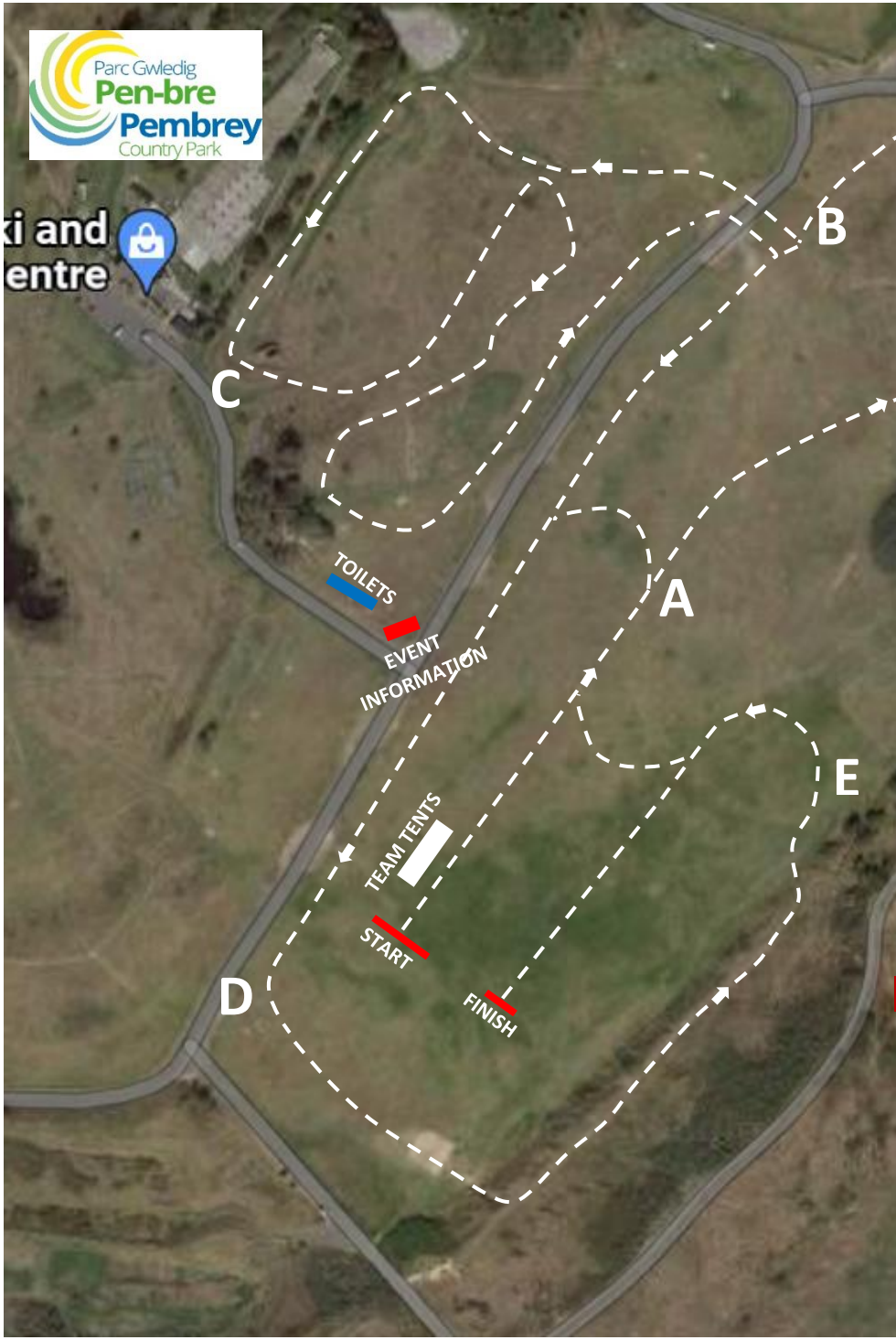
2022 SIAB CROSS COUNTRY INTERNATIONAL

SATURDAY 26TH MARCH



Course Laps	
Start:	100m
Finish:	100m
Small Lap: A,D,E	1,000m
Medium Lap: A,B,D,E	1,400m
Large Lap: A,B,C,D,E	2,400m

PEMBREY COUNTRY PARK

SAT NAV: SA16 0EJ

Time	Race	Distance
10:30	Primary Girls (1 x Medium Lap)	1,600m
10:45	Primary Boys (1 x Medium Lap)	1,600m
11:00	Junior Girls (2 x Medium Lap)	3,000m
11:20	Junior Boys (1 x Medium, 1 x Large)	4,000m
11:45	Inter Girls (1 x Medium, 1 x Large)	4,000m
12:15	Inter Boys (1 x Small, 2 x Large)	6,000m
13:00	Junior Girls & Boys Mixed Relay (4 x Medium)	4 x 1500m (2 Girls & 2 Boys)
13:35	Inter Girls & Boys Mixed Relay (4 x Medium)	4 x 1500m (2 Girls & 2 Boys)