

POWYS SCHOOLS ATHLETICS ASSOCIATION
COUNTY CROSS COUNTRY CHAMPIONSHIPS



KEY

- LAP
- ooo LOOP
- Path

RIVER SEVERN

<u>AGE CATEGORY</u>	<u>DISTANCE</u>		<u>START TIME</u>
(Yr10&11) MIDDLE GIRLS	4295m =	2 Loops & 1 Lap	1.00pm
(Yr12&13) SENIOR GIRLS	4295m =	2 Loops & 1 Lap	1.00pm
(Yr7) LOWER JUNIOR BOYS	3040m =	1 Loop & 1 Lap	1.25pm
(Yr7) LOWER JUNIOR GIRLS	3040m =	1 Loop & 1 Lap	1.40pm
(Yr8&9) JUNIOR BOYS	4295m =	2 Loops & 1 Lap	1.55pm
(Yr8&9) JUNIOR GIRLS	3555m =	2 Laps	2.10pm
(Yr10&11) MIDDLE BOYS	5325m =	3 Laps	2.25pm
(Yr12&13) SENIOR BOYS	5325m =	3 Laps	2.25pm

Please note that the LOOP is run before the LAP