

MIDLAND COUNTIES CROSS COUNTRY ASSOCIATION.

APPENDIX 'A'

**TIMETABLE FOR THE CHAMPIONSHIPS
27th JANUARY 2018.**

11-00am	Under 17 WOMEN.	Three to Score	5km
11-25am	Under 15 BOYS.	Four to Score	4km
11-45am	Under 13 GIRLS.	Four to Score	3km
12-05pm	Under 17 MEN.	Four to Score	6km
12-30pm	Under 13 BOYS.	Four to Score	3km
12-45pm	Under 15 GIRLS	Four to Score	4km
1-05pm	Under 20 WOMEN	Three to Score	6km
1-35pm	Under 20 MEN.	Four to Score	8km
2-20pm	Senior WOMEN.	Four to Score	8km
3-00pm	Senior MEN.	Six to Score	12km