

# MLL Blackpool Cross-Country

## Saturday 16th January 2009

### COURSES

#### Small and Large Laps



- 12:30pm Race 1 - U11G - 2k - 1 medium lap**
- 12:45pm Race 2 - U11B - 2k - 1 medium lap**
- 1:00pm Race 3 - U13G - 3k - 1 small lap + 1 medium lap**
- 1:20pm Race 4 - U13B + U15G - 3k - 1 small lap + 1 medium lap**
- 1:40pm Race 5 - U15B + U17W - 4k - 2 medium laps**
- 2:00pm Race 6 - U17M + JW + SW + VW - 6k - 1 large lap (clockwise round field, anti-clockwise round golf course)**
- 2:30pm Race 7 - JM + SM + VM - 10k - 2 medium laps + 1 large lap (clockwise round medium laps, anti-clockwise round golf course)**

# Medium Lap

