

**INVERNESS HARRIERS AAC
NORTH DISTRICT CROSS COUNTRY CHAMPIONSHIP – 29TH NOVEMBER 2014**



U11 RACES – S/F-A-B-H-S/F – 1600m

U13 RACES – S/F-A-H- S/F –A-B-H- S/F – 3000m

U15 RACES – S/F-A-B-C-D-E-F-G-B-H- S/F – 4000m

U17 & U20 WOMEN – S/F-A-H- S/F- A-B-C-D-E-F-G-B-H- S/F – 5000m

SENIOR WOMEN - S/F-A-B-H-S/F-A-B-C-D-E-F-G-B-H- S/F – 6400m

U17 MEN - S/F-A-B-C-D-E-F-G-B-H- S/F -A-B-H-S/F – 6400m

U20 MEN – 2 TIMES S/F-A-B-C-D-E-F-G-B-H- S/F – 8000M

SENIOR MEN – S/F-A-B-H-S/F THEN 2 TIMES S/F-A-B-C-D-E-F-G-B-H- S/F – 10000M

CONTACT DETAILS FOR THE EVENT – ROSS NIXON 07734960721

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Race Times

U11 NON-CHAMPIONSHIP	11.15
U13 GIRLS	11.30
U13 BOYS	11.45
U15 GIRLS	12.00
U15 BOYS	12.20
U17 WOMEN/U20 WOMEN	12.35
U17 MEN/ U20 MEN	12.50
SENIOR WOMEN	13.10
SENIOR MEN	13.30

U11 RACES – **S/F-A-B-H-S/F** – 1600m

U13 RACES – **S/F-A-H- S/F –A-B-H- S/F** – 3k

U15 RACES – **S/F-A-B-C-D-E-F-G-B-H- S/F** – 4k

U17 & U20 WOMEN – **S/F-A-H- S/F- A-B-C-D-E-F-G-B-H- S/F** – 5k

SENIOR WOMEN - **S/F-A-B-H-S/F-A-B-C-D-E-F-G-B-H- S/F** – 6400m

U17 MEN - **S/F-A-B-C-D-E-F-G-B-H-S/F-A-B-H-S/F** – 6400m

U20 MEN – 2 TIMES **S/F-A-B-C-D-E-F-G-B-H- S/F** – 8k

SENIOR MEN – **S/F-A-B-H-S/F THEN 2 TIMES S/F-A-B-C-D-E-F-G-B-H- S/F** 10k