

**Rice Games Cross Country**  
**ALSAA**  
**Friday 2<sup>nd</sup> December 2016**

Start time 11.30am.

**Distance:**

- u14 - 1,500m (1 large lap)
- u15 - 3,000m (2 large laps)
- u16 - 3,500m (2 small laps + 1 large lap)
- u17 - 4,000m (1 small lap + 2 large laps)
- u19 - 4,500m (3 large laps)

**Times:**

- U14 - 11.30
- U15 - 11.50
- U16 - 12.20
- U17 - 12.30
- U19 - 13.00