



# SIAB INTERNATIONAL CROSS COUNTRY 2019

## Timetable of Races:

<b>Junior Girls</b>	<b>3,000m Call Up 11.50am 2 x (1,500 Laps)</b>	<b>Race 12.00Noon</b>
<b>Junior Boys</b>	<b>4,000m Call Up 12.10pm 1 x 1,000 lap + 2 X 1500 laps</b>	<b>Race 12.20pm</b>
<b>Inter Girls</b>	<b>4,000m Call Up 12.30pm 1 x 1,000 lap + 2 X 1500 laps</b>	<b>Race 12.40pm</b>
<b>Inter Boys</b>	<b>6,000m Call Up 13.05pm 4 x 1500 laps</b>	<b>Race 13.15pm</b>
<b>Inter Boys &amp; Girls Relay</b>	<b>6,000m Call Up 13.45pm 4 x 1500 Lap Relay (2 Boys &amp; 2 Girls)</b>	<b>Race 14.00pm</b>

