

GloHealth CROSS COUNTRY CHAMPIONSHIPS

GIRLS U11	1500m - 1x RED LAP
BOYS U11	1500m - 1x RED LAP
GIRLS U13	2500m - 1x GREEN LAP + 1x RED LAP
BOYS U13	2500m - 1x GREEN LAP + 1x RED LAP
GIRLS U15	3500m - 1x RED LAP + 1x WHITE LAP
BOYS U15	3500m - 1x RED LAP + 1x WHITE LAP
GIRLS U17	4000m - 2x WHITE LAP
BOYS U17	5000m - 2x RED LAP + 1x WHITE LAP
NOVICE WOMEN	4000m - 2x WHITE LAP
NOVICE MEN	6000m - 3x WHITE LAP

ALL DISTANCES
INCLUDE
START / FINISH

#GloNatsXC

