


Course Key

 Crossing point

 Toilet

 First Aid

Area 1 - Areas for Athletes & Teams

Registration
Athlete holding area
Warm up area (no spikes)

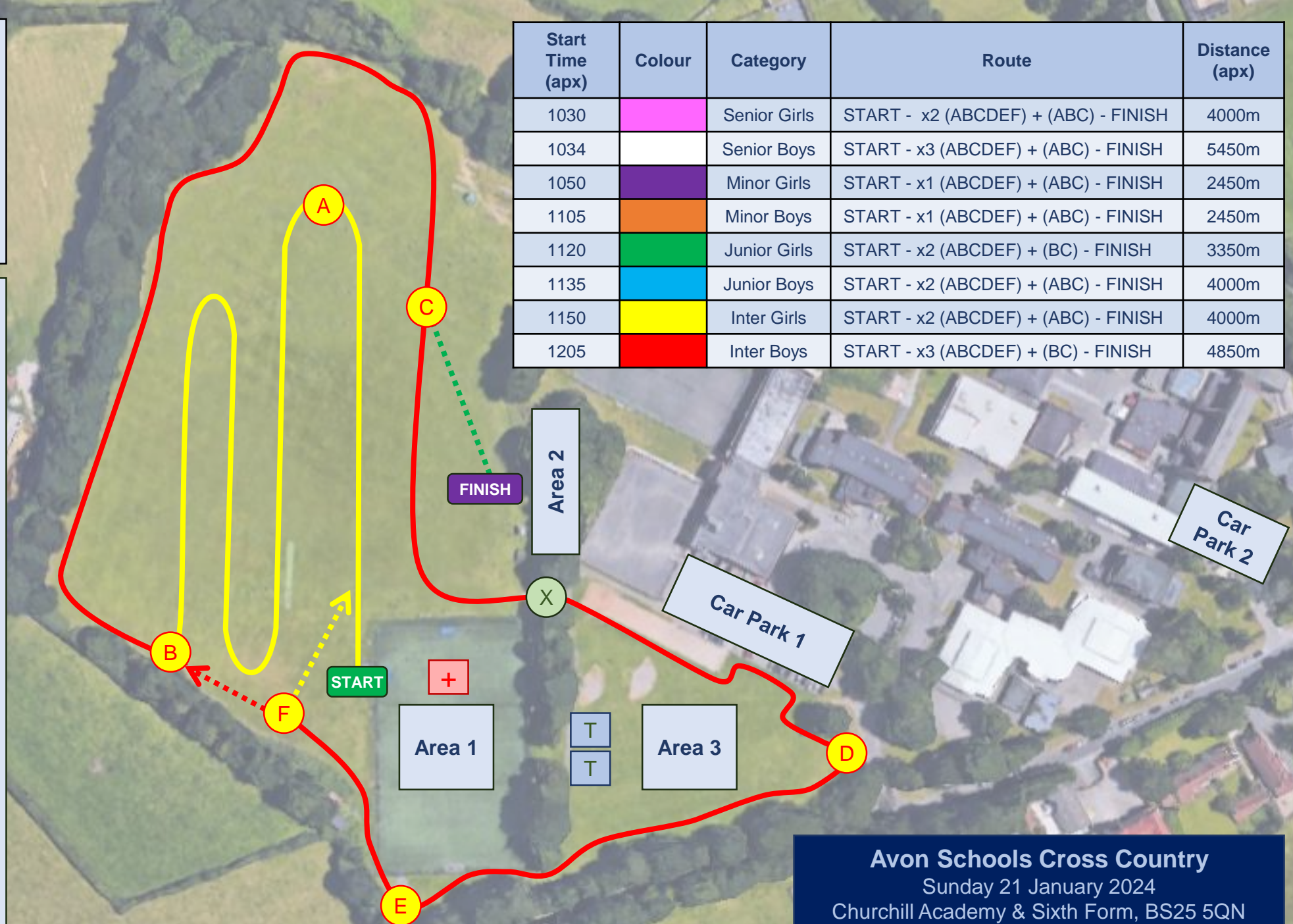
Area 2 – Spectator Area

Spectator area on the bank adjacent to the finish

Area 3 – Alternative warm up / spectator area

Grass warm up area suitable for spikes

| Start Time (apx) | Colour | Category | Route | Distance (apx) |
|------------------|-------------------------------------------------------------------------------------|--------------|--------------------------------------|----------------|
| 1030 |  | Senior Girls | START - x2 (ABCDEF) + (ABC) - FINISH | 4000m |
| 1034 |  | Senior Boys | START - x3 (ABCDEF) + (ABC) - FINISH | 5450m |
| 1050 |  | Minor Girls | START - x1 (ABCDEF) + (ABC) - FINISH | 2450m |
| 1105 |  | Minor Boys | START - x1 (ABCDEF) + (ABC) - FINISH | 2450m |
| 1120 |  | Junior Girls | START - x2 (ABCDEF) + (BC) - FINISH | 3350m |
| 1135 |  | Junior Boys | START - x2 (ABCDEF) + (ABC) - FINISH | 4000m |
| 1150 |  | Inter Girls | START - x2 (ABCDEF) + (ABC) - FINISH | 4000m |
| 1205 |  | Inter Boys | START - x3 (ABCDEF) + (BC) - FINISH | 4850m |



Avon Schools Cross Country
 Sunday 21 January 2024
 Churchill Academy & Sixth Form, BS25 5QN