



**Northumberland Schools' Athletic Association**  
**Cross Country Championships - Tuesday 18 January 2022**  
**Temple Park Centre, South Shields. NE34 8QN**



**12:00 Minor Boys 2600m**

**1 Large Lap**

Start - A-B-C-D-E-F-G-H -Finish

**12:10 Senior Boys 6300m**

**1 Small Lap + 2 Large Laps**

Start-A-B-C-D-E-A-B-C-D-E-F-G-H  
 -A-B-C-D-E-F-G-H-Finish

**12:15 Minor Girls 2600m**

**1 Large Lap**

Start - A-B-C-D-E-F-G-H -Finish

**12:35 Junior Girls 2600m**

**1 Large Lap**

Start - A-B-C-D-E-F-G-H -Finish

**12:50 Junior Boys 4000m**

**1 Small Lap + 1 Large Laps**

Start-A-B-C-D-E-A-B-C-D-E-F-G-H  
 -Finish

**13:00 Inter & Senior Girls**  
**4000m**

**1 Small Lap + 1 Large Laps**

Start-A-B-C-D-E-A-B-C-D-E-F-G-H  
 -Finish

**13:15 Inter Boys 4900m**

**2 Large Laps**

Start-A-B-C-D-E-F-G-H-A-B-C-D-