



Northumberland Schools' Athletic Association
Cross Country Championships - Tuesday 17 January 2023
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-