



NYSD XC RELAYS THE FLATTS THIRSK 22nd SEPTEMBER 2013

LAP = Approx 1 Mile

Team Numbers & Declaration sheets will be available on race day.

Completed Declaration sheets to be given to Sid Rudd 15 mins before race starts.

Athletes may only complete 1 leg.

TIME TABLE

RACE 1	01:00pm	UNDER 11 BOYS & GIRLS (NOT a relay race) 1 LAP
RACE 2	01:10pm	UNDER 13 BOYS & GIRLS 3/ TEAMS 1 LAP/LEG
RACE 3	01:35pm	UNDER 15 BOYS & GIRLS 3/ TEAMS 1 LAP/LEG
RACE 4	02:00pm	SENIOR WOMEN (Including U17, U20 & Vets) 3/ TEAM 2 LAPS/LEG
RACE 5	03:00pm	SENIOR MEN (Including U17, U20 & Vets) 4/ TEAM 2 LAPS/LEG