

# Liverpool Cross Challenge 2017

## Race Timetable

|         |                |   |
|---------|----------------|---|
| Race 1  | 11.00<br>1.9km | U11 Boys and Girls<br>One short lap plus start and finish straights   |
| Race 2  | 11.15<br>3km   | U13 Girls<br>One long lap plus start and finish straights   |
| Race 3  | 11.30<br>3km   | U13 Boys<br>One long lap plus start and finish straights  |
| Race 4  | 11.45<br>3km   | U15 Boys<br>One long lap plus start and finish straights  |
| Race 5  | 12.00<br>3km   | U15 Girls<br>One long lap plus start and finish straights   |
| Race 6  | 12.15<br>4.4km | U17 Women and IAAF Junior Women (U20 on 31.12.15)<br>One short lap and one long lap plus start and finish straights                           |
| Race 7  | 12.35<br>5.5km | U17 Men U17<br>Two long laps plus start and finish straights  |
| Race 8  | 12.55<br>6.7km | IAAF Junior Men (U20 on 31.12.15)<br>Two long laps with loop each lap plus start and finish straights   |
| Race 9  | 13.15<br>8.1km | Senior Women (includes U23 Women's European Trial)<br>One short lap and two long laps with loop each long lap plus start and finish straights |
| Race 10 | 14.05<br>9.8km | Senior Men (includes U23 Men's European Trial)<br>Three long laps with loop each lap plus start and finish straights                          |