

Lindsays **scottishathletics** West District Cross Country Relay Championships
 Alexandra Park Sports Hub, Sports Hub Building, Alexandra Park St, Glasgow, G31 3JJ
 Saturday 9th October 2021

| Race | Declarations Close | Race Starts | Laps (approx) |
|----------------------------|--------------------|-------------|---------------|
| Young Females | 1015hrs | 1100hrs | 3x2800m |
| Young Males | 1100hrs | 1145hrs | 3x2800m |
| Senior/Junior/Master Women | 1215hrs | 1300hrs | 3x4000m |
| Senior/Junior/Master Men | 1330hrs | 1415hrs | 4x4000m |

