

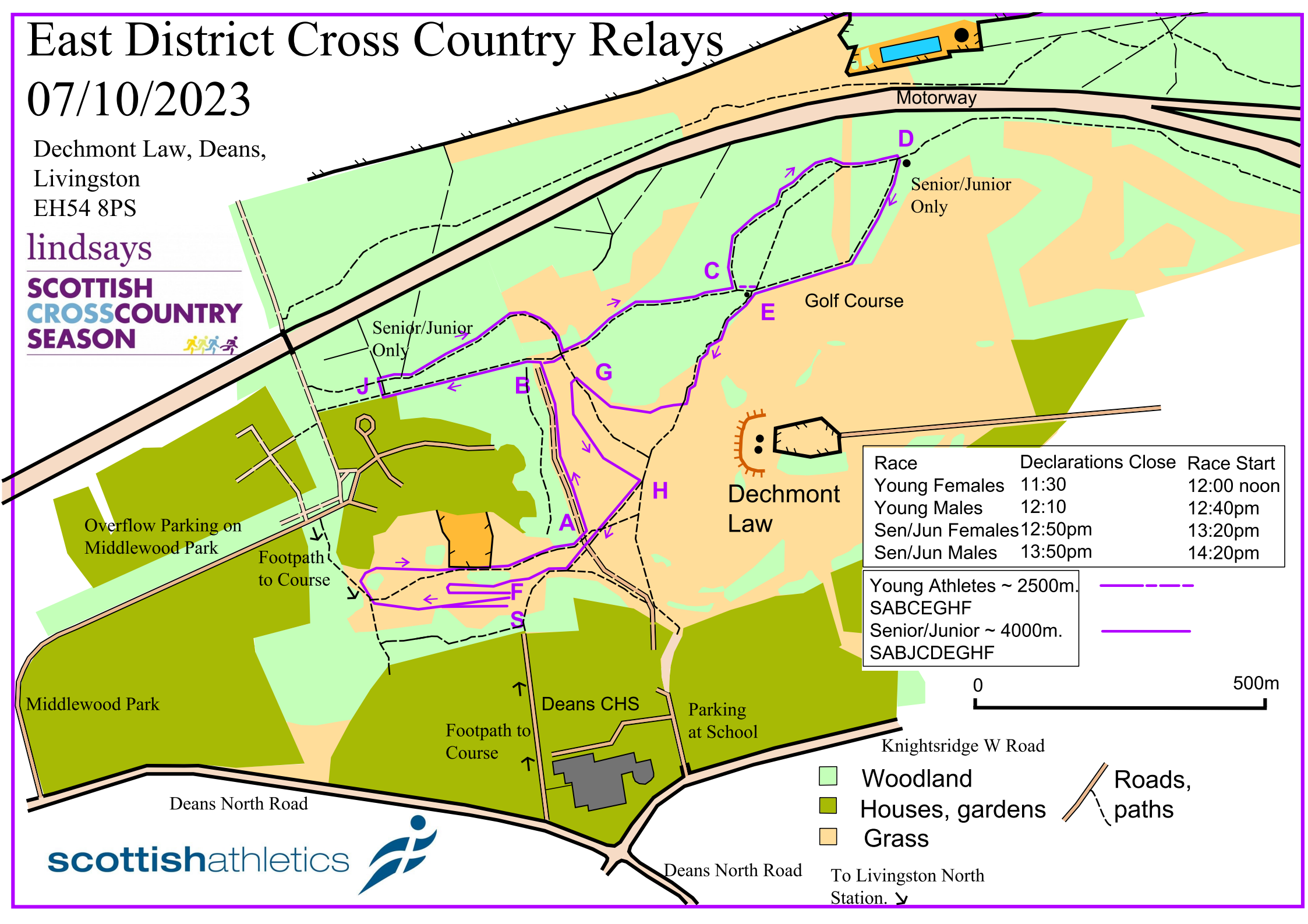
East District Cross Country Relays

07/10/2023

Dechmont Law, Deans,
Livingston
EH54 8PS

lindsays

**SCOTTISH
CROSSCOUNTRY
SEASON**



Race	Declarations Close	Race Start
Young Females	11:30	12:00 noon
Young Males	12:10	12:40pm
Sen/Jun Females	12:50pm	13:20pm
Sen/Jun Males	13:50pm	14:20pm

Young Athletes ~ 2500m. - - - - -
 SABCEGHF
 Senior/Junior ~ 4000m. —————
 SABJCEGHF



- Woodland
- Houses, gardens
- Grass
- Roads, paths



To Livingston North Station.