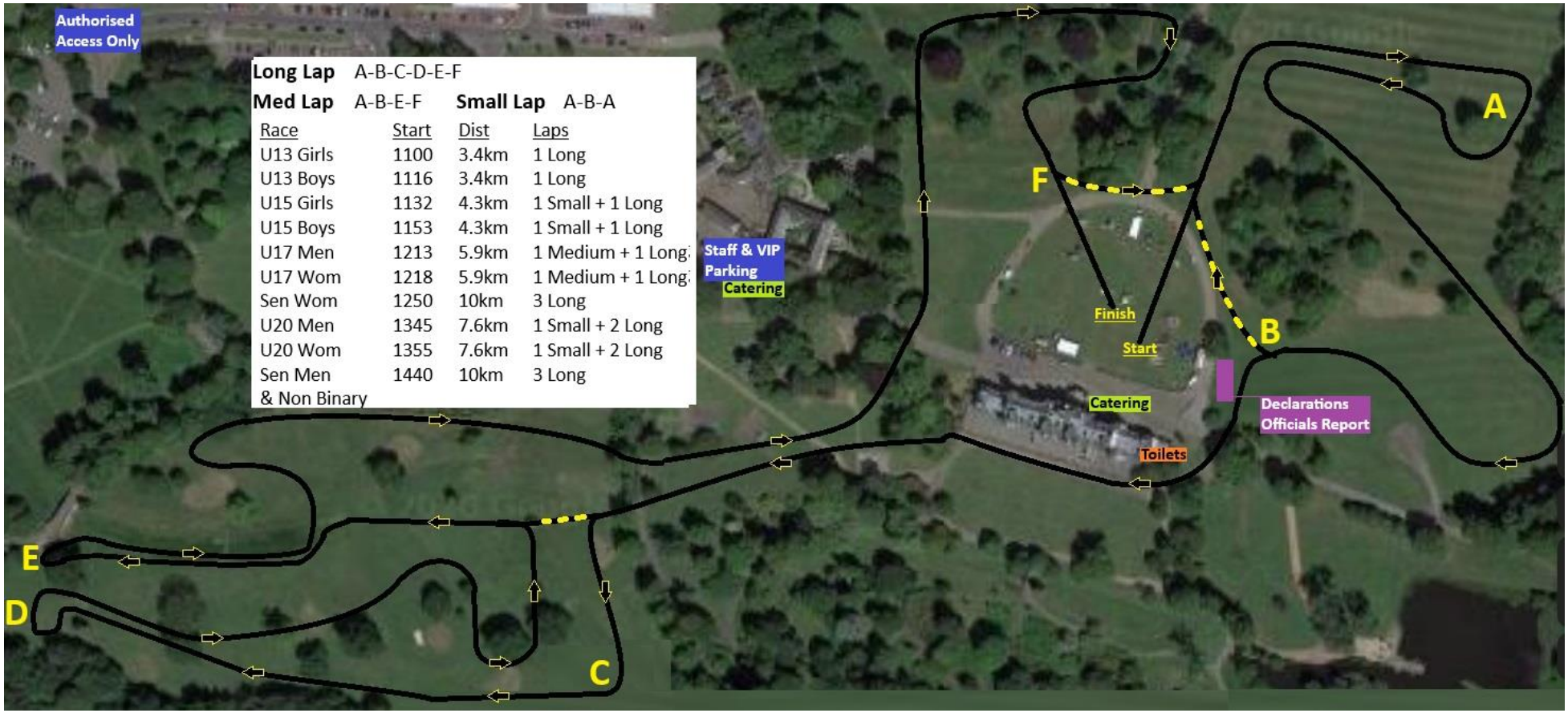
Lindsays scottishathletics National Cross Country Championships

Saturday 22nd February 2025

Callendar Park, Falkirk



Long Lap A-B-C-D-E-F

Med Lap A-B-E-F **Small Lap** A-B-A

Race	Start	Dist	Laps
U13 Girls	1100	3.4km	1 Long
U13 Boys	1116	3.4km	1 Long
U15 Girls	1132	4.3km	1 Small + 1 Long
U15 Boys	1153	4.3km	1 Small + 1 Long
U17 Men	1213	5.9km	1 Medium + 1 Long
U17 Wom	1218	5.9km	1 Medium + 1 Long
Sen Wom	1250	10km	3 Long
U20 Men	1345	7.6km	1 Small + 2 Long
U20 Wom	1355	7.6km	1 Small + 2 Long
Sen Men & Non Binary	1440	10km	3 Long

lindsays SCOTTISH CROSSCOUNTRY SEASON

scottishathletics