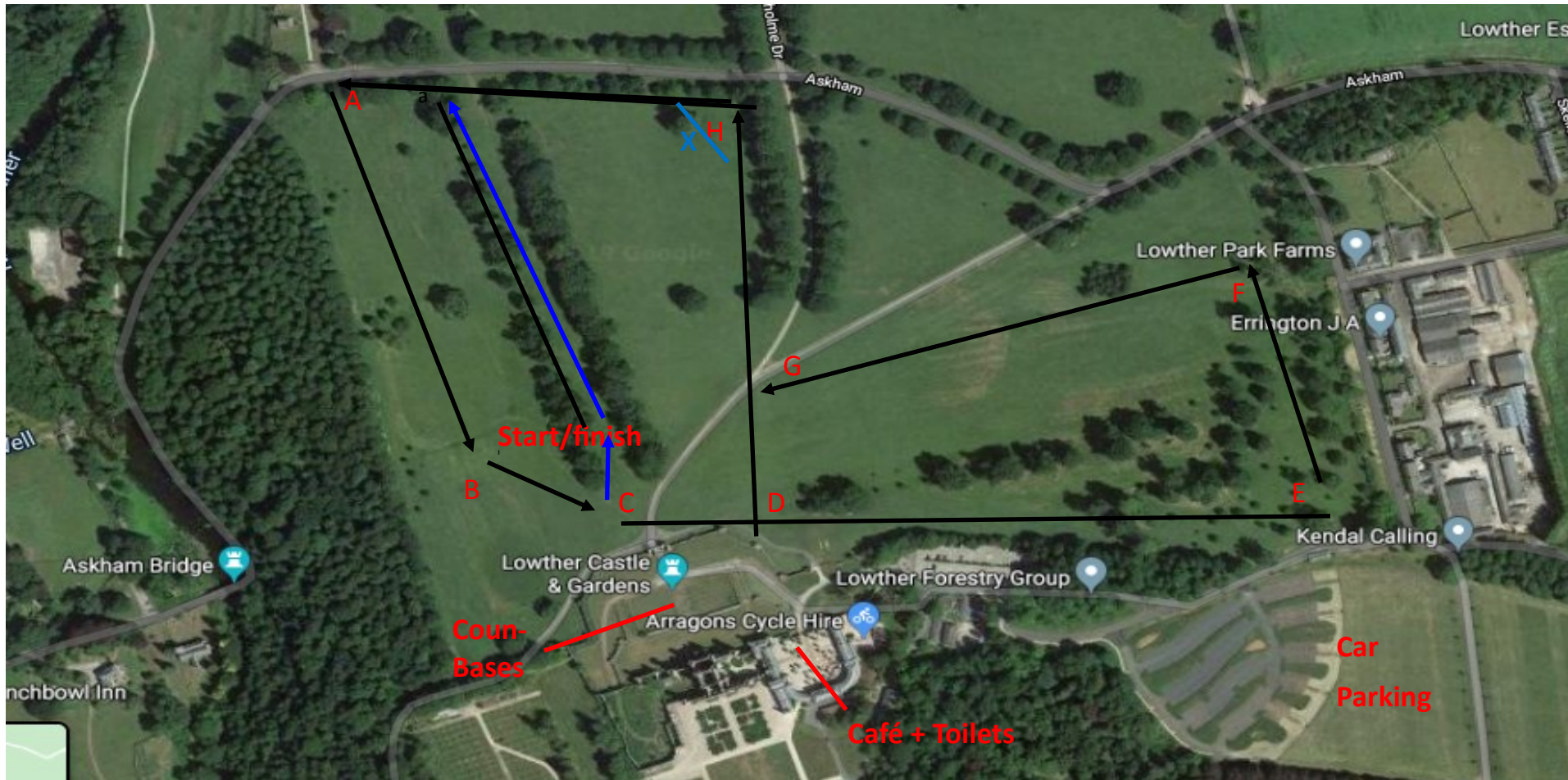


Northern School's Inter County Cross Country Match at Lowther Castle on Sat. 8th Feb. 2020



Provisional Timetable and Courses

Race 1 12.30 SB: ABC ABCDGH ABCDEFGH ABCDEFGH ABC—finish approx.6530m

Race 2 12.50 MG: ABC ABCDEFGH ABC—finish approx. 2700m

Race 3 13.05 MB : ABC ABCDEFGH ABC— finish approx. 2700m

Race 4 13.20 JG: ABC ABC ABCDGH ABC – finish approx. 3500m

Race 5 13.40 JB: ABCDGH ABCDEFGH ABC —finish approx.3830m

Race 6 14.00 IG: ABCDGH ABCDEFGH ABC — finish approx.3830m

Race 7 14.20 IB: ABC ABCDEFGH ABCDEFGH ABC—finish app 5400m

Race 8 14.40 SG: ABCDEFGX ABCDEGHX ABC – finish = 4500m

(X— used to make 100m shorter for SG race)