



# Alex Murray Lewis & Harris XC Series

11th Feb 2012

## Race 3 Schedule

09.45 U17M, U20s, Seniors

10.40 Under 13 Girls  
Under 13 Boys

10.41 Under 15 Girls  
Under 15 Boys  
Under 17 Women

11.05 Under 9 Girls

11.15 Under 9 Boys

11.25 Under 11 Girls

11.35 Under 11 Boys

### LHXC Race 3 11th February 2012

Short Lap (750m)  
Long Lap (1634m)

### Race Distances

Long Lap: 1634m (Gates 1 and 2 open)  
Short Lap: 750m (Gates 1 and 2 closed)

U20s and Senior Men - 4 long laps  
U17m and Senior Women - 3 long laps  
U17w and U15s - 1 short and 2 long laps

U13s - 2 long laps  
U11s - 1 long lap  
U9s - 1 short lap