



Cup Final Timetable:

10:15am Team Declarations (Close at 12.00 noon)

10:30am Course open for inspection (closes at 11.45am)

12:15pm Race 1: Junior Girls - 2440m.

12:35pm Race 2: Junior Boys - 2440m.

12:55pm Race 3: Inter Girls - 2880m.

1:20pm Race 4: Inter Boys - 4090m.

1:45pm Race 5: Senior Girls - 3230m.

2:10pm Race 6: Senior Boys - 5230m.

2:55pm All Presentations - in the Sports Hall



THE GRAMMAR SCHOOL AT LEEDS

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ESAA XC CUP FINAL 2024

Junior Girls & Boys	Points	Distance
Lap 1	Start - A, B, C, D	650m
Lap 2	D, B, C, D, E, F, G, H, I, J, K, finish	1790m
		2440m
Inter Girls	Points	Distance
Lap 1	Start - A, B, C, D, E, F, G, H, J, K	1440m
Lap 2	K, A, B, C, D, E, F, G, H, J, K, finish	1440m
		2880m
Inter Boys	Points	Distance
Lap 1	Start - A, B, C, D	650m
Lap 2	D, B, C, D, E, F, G, H, I, J, K	1650m
Lap 3	K, A, B, C, D, E, F, G, H, I, J, K, finish	1790m
		4090m
Senior Girls	Points	Distance
Lap 1	Start - A, B, C, D, E, F, G, H, J, K	1440m
Lap 2	K, A, B, C, D, E, F, G, H, I, J, K, finish	1790m
		3230m
Senior Boys	Points	Distance
Lap 1	Start - A, B, C, D, E, F, G, H, I, J, K	1790m
Lap 2	K, A, B, C, D, E, F, G, H, I, J, K	1650m
Lap 3	K, A, B, C, D, E, F, G, H, I, J, K - finish	1790m
		5230m

