

**East District Cross Country Relays**  
**Glamis Castle, Angus, DD8 1RJ**  
**Saturday 13<sup>th</sup> October 2018**



Race	Declarations Close
Young Females	12.00noon
Young Males	12.35pm
Sen/Jun Females	1.10pm
Sen/Jun Males	2.10pm

Race Starts	Young Athletes Lap	2,500 metres
12.30pm	Start – A – B - Finish	
1.05pm		
1.40pm	Seniors Lap	4,000 metres
2.40pm	Start – A – B – C – B - Finish	

