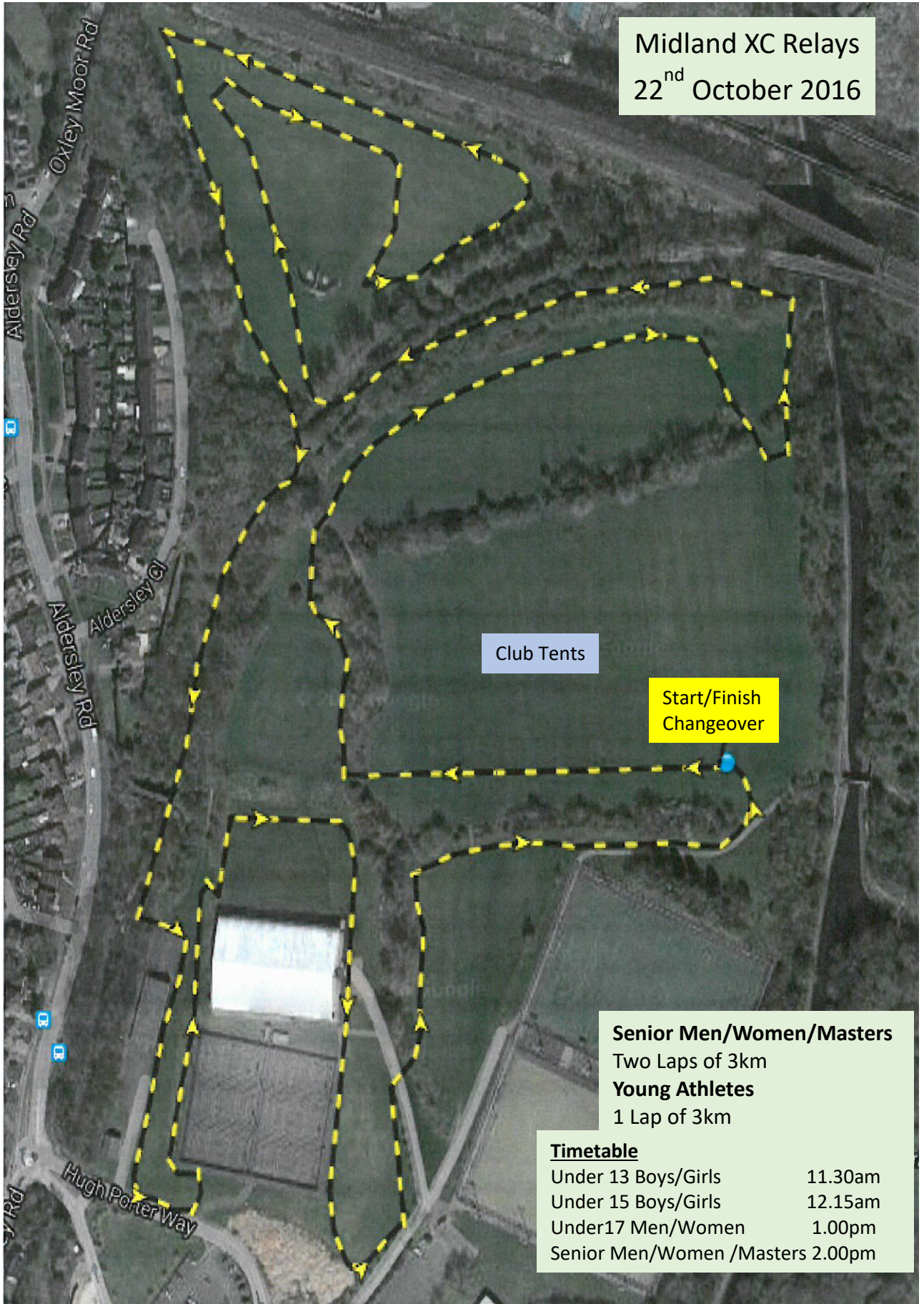


Midland XC Relays  
22<sup>nd</sup> October 2016



Club Tents

Start/Finish  
Changeover

**Senior Men/Women/Masters**

Two Laps of 3km

**Young Athletes**

1 Lap of 3km

**Timetable**

Under 13 Boys/Girls	11.30am
Under 15 Boys/Girls	12.15am
Under 17 Men/Women	1.00pm
Senior Men/Women /Masters	2.00pm