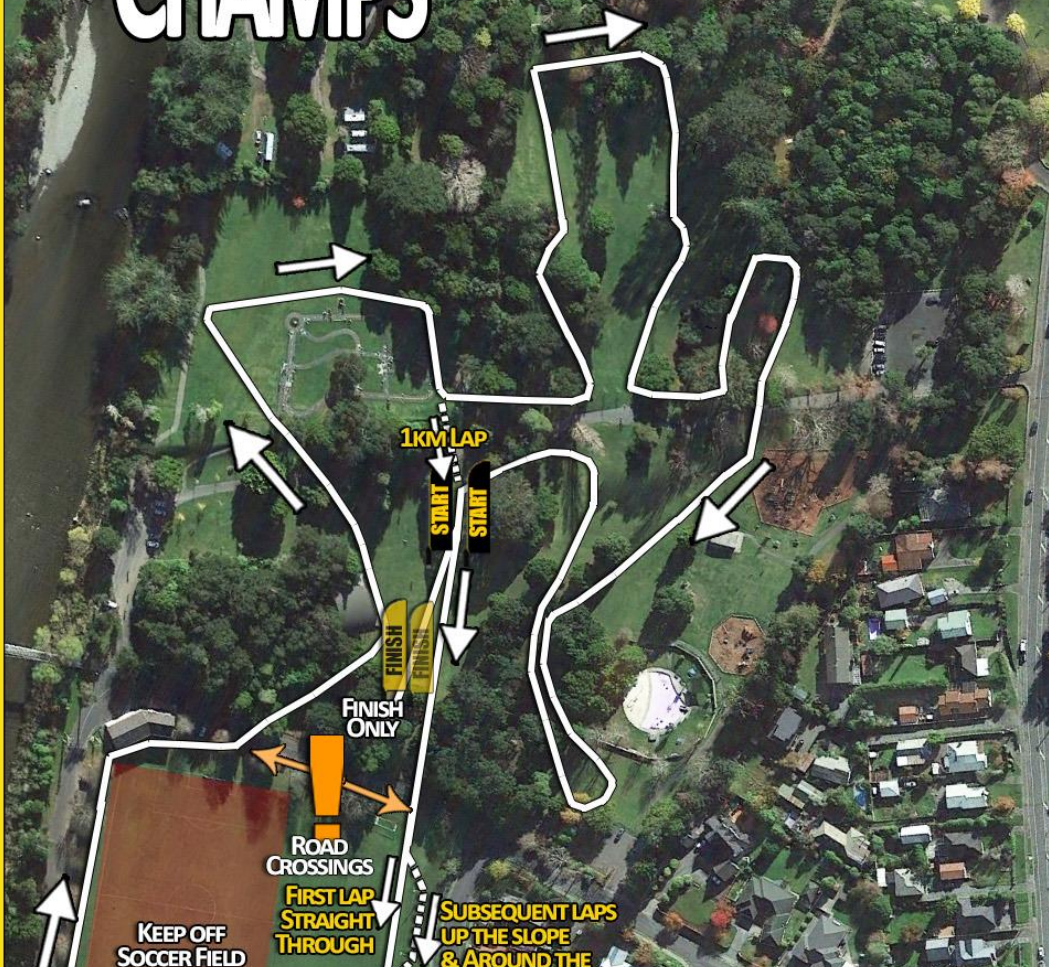


WELLINGTON SECONDARY SCHOOLS CROSS-COUNTRY CHAMPS



KEY:

Grade	Distance	Course breakdown	Start
AWD Combined	2km	1 lap of 2km course	12:00pm
Girls Yr9	3km	1 lap of 1km, then 1 lap 2km course	12:30pm
Boys Yr9	3km	1 lap of 1km, then 1 lap 2km course	12:45pm
Girls U16	3km	1 lap of 1km, then 1 lap 2km course	1:00pm
Boys U16	4km	2 laps of 2k course	1:15pm
Girls U19	4km	2 laps of 2k course	1:35pm
Boys U19	6km	3 laps of 2k course	1:55pm