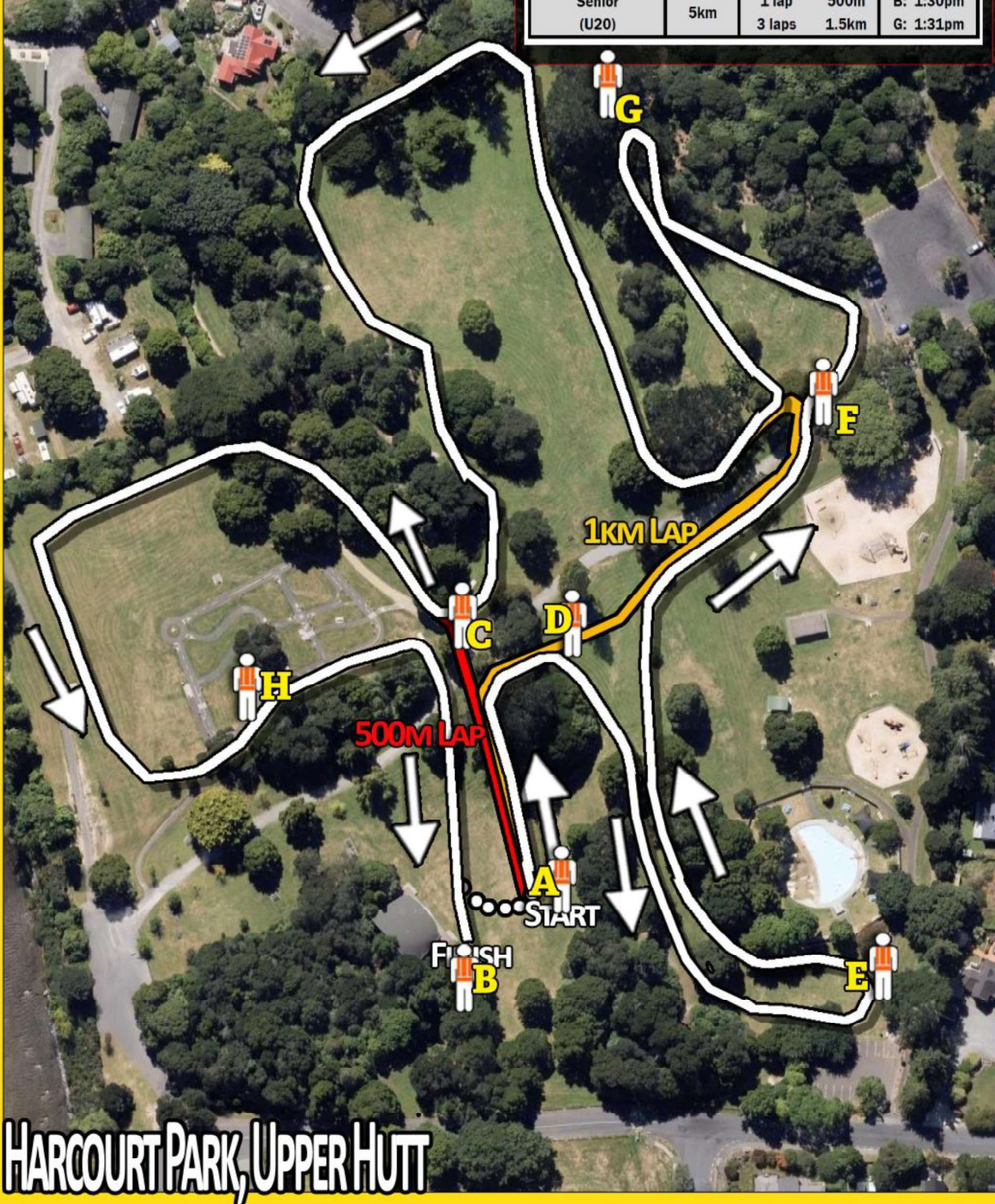


COLLEGE SPORT WELLINGTON CROSS-COUNTRY CHAMPS

KEY:

Grade	Distance	Course breakdown	Start
Disability Sports Program	2km	1 lap 500m	B: 12:00pm
		1 lap 1.5k	G: 12:01pm
Junior (<=Yr9)	3km	2 laps 1.5km	B: 12:30pm G: 12:31pm
Intermediate (U16)	4km	1 lap 1km	B: 1:00pm
		2 laps 1.5km	G: 1:01pm
Senior (U20)	5km	1 lap 500m	B: 1:30pm
		3 laps 1.5km	G: 1:31pm



HARCOURT PARK, UPPER HUTT