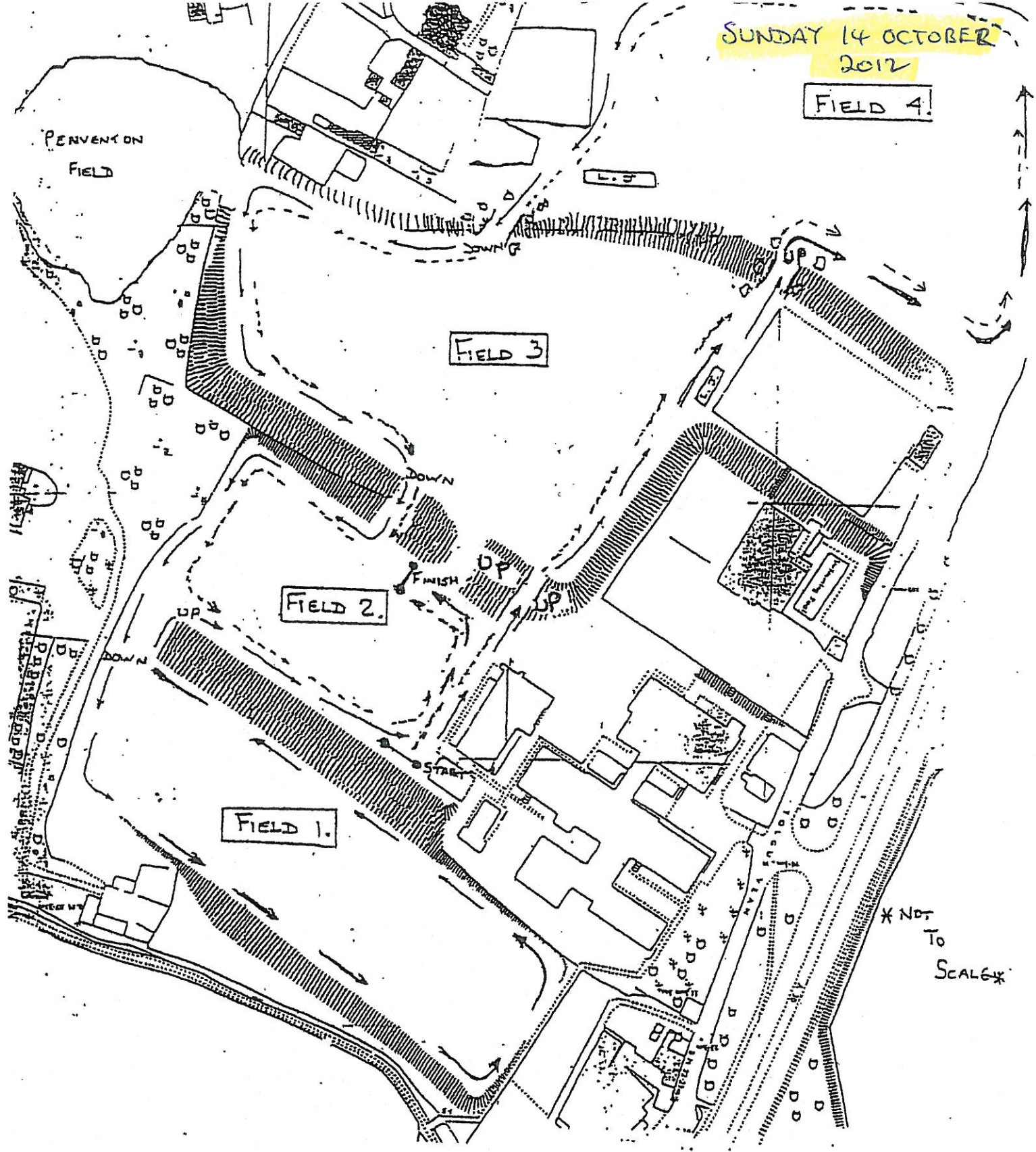


SUNDAY 14 OCTOBER
2012

FIELD 4!



large lap (L) 1600m Fields 1,2,3,4
small lap (S) 1300m Fields 2,3,4
run in (RI) 100m

large lap →
small lap - - - - →

All distances are approximate

Brooks Westward League at Redruth School TRIS ITA
Times and Distances

12:15	U11 Development Race	1S + RI	1600m
12:30	Senior Ladies/U17 Ladies/U17 Men	3L + RI	4,900m
1:05	U/13 Girls	1S + 1L + RI	3,000m
1:20	U/13 Boys	1S + 1L + RI	3,000m
1:35	Senior Men	5L + RI	8,100m
2:20	U/15 Girls	3S + RI	4,000m
2:40	U/15 Boys	1S + 2L + RI	4,500m

