



Cross Country 2019

Map Legend:

Pedestrian Access from N62 --

Ferbane Athletic Club Tent - **FERB.**

Registration Area -- **REG.**

First Aid Facilities -- **+**

Toilet Facilities - **T**

Starting Point for all races -- **S**

Finish Line - 1500m and 2500m -- **F**

Events:

1000m --

1500m --

2500m --

Distance	Female	Number of Laps	Male	Distance	Number of Laps
1,500m	11	1 x 1,500m	11	1,500m	1 x 1,500m
2,500m	13	1 x 1,500m plus 1 x 1,000m	13	2,500m	1 x 1,500m plus 1 x 1,000m
3,500m	15	1 x 2,500m plus 1 x 1,000m	15	3,500m	1 x 2,500m plus 1 x 1,000m
4,000m	17	1 x 2,500m plus 1 x 1,500m	17	5,000m	2 x 2,500m
4,000m	U19	1 x 2,500m plus 1 x 1,500m	U19	6,000m	2 x 2,500m plus 1 x 1,000m
5,000m	Senior	2 x 2,500m	Senior	10,000m	4 x 2,500m