



## 2019 BOLAND ATHLETICS CROSS COUNTRY EVENTS TIME TABLE

TIME	CATEGORY	DIST	RECORD	DATE SET	HELD BY
10:00	Senior Men	10km			New Certified Route
10:05	Senior Women	10km			New Certified Route
10:10	Girls 9	2 km			New Certified Route
10:20	Boys 9	2km			New Certified Route
10:35	Girls 10	2 km			New Certified Route
10:45	Boys 10	2km			New Certified Route
11:00	Girls 11	3km			New Certified Route
11:10	Boys 11	3km			New Certified Route
11:30	Girls 12	3km			New Certified Route
11:45	Boys 12	3km			New Certified Route
12:00	Girls 13	3km			New Certified Route
12:15	Boys 13	4km			New Certified Route
12:35	Junior Men 19	8km			New Certified Route
12:35	Master Men	8km			New Certified Route
13:10	Boys 14	4km			New Certified Route
13:30	Girls 14	4km			New Certified Route
13:30	Girls 15	4km			New Certified Route
13:45	Boys 15	4km			New Certified Route
14:15	Girls 16	4km			New Certified Route
14:15	Girls 17	4km			New Certified Route
14:15	Senior Women	4km			New Certified Route
14:15	Master Women	4km			New Certified Route
14:35	Boy 16	6km			New Certified Route
14:35	Boys 17	6km			New Certified Route
14:35	Junior Women 19	6km			New Certified Route
14:35	Grand Master Men	6km			New Certified Route
14:55	Senior Men	4km			New Certified Route