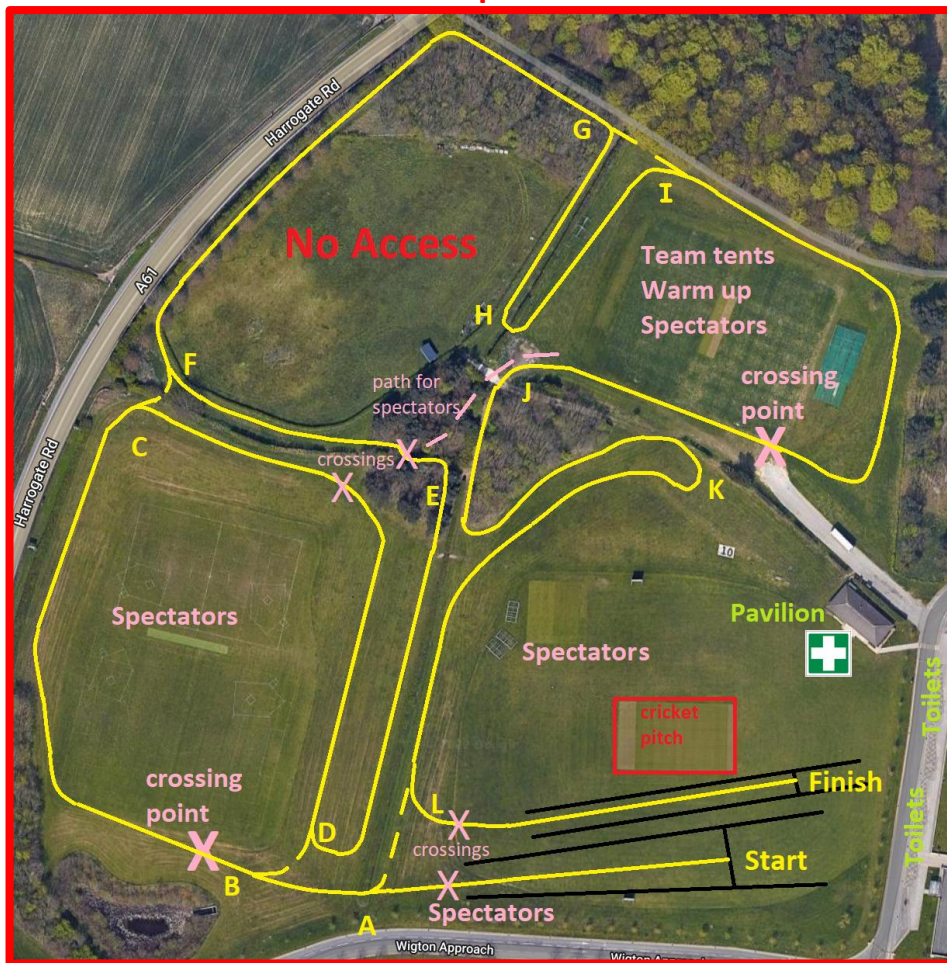


ESAA XC Cup Final: Saturday 3rd December 2022

General Course Map and Race Routes



12:15 Junior Girls 2370m

Start-A-B then loop B-C-D-B then lap B-C-D-E-F-G-(miss H)-I-J-K-L-Finish

12:40 Junior Boys 2530m

Start-A-B then loop B-C-D-B then lap B-C-D-E-F-G-H-I-J-K-L-Finish

13:05 Inter Girls 2530m same route as Junior Boys

13:30 Inter Boys 4390m

Start-A-B then loop B-C-D-B then two laps

B-C-D-E-F-G-H-I-J-K-L. On lap 1 go to A-B. On lap 2 go to Finish

13:55 Senior Girls 3150m

Start-A-B then loop B-C-D-B then two laps

B-C-(miss D-E)-F-G-(miss H)-I-J-K-L. On lap 1 go to A-B. On lap 2 go to Finish

14:20 Senior Boys 5330m

Start-A-B then loop B-C-D-B then three laps. Lap 1: B-C-D-E-F-G-H-I-J-K-L-A-B

Laps 2&3: B-C-(miss D-E)-F-G-H-I-J-K-L. On lap 2 go to A-B. On lap 3 go to Finish

