

**NYSD Cross Country League  
Croft Circuit  
Dalton, Darlington DL2 2PL  
Sunday 21st November 2021  
Large lap = 2K  
Small lap = 1.2K**

**TIMETABLE**

|       |                               |      |                           |
|-------|-------------------------------|------|---------------------------|
| 11:00 | U11 Boys & Girls              | 1.2k | 1 Small Lap + Finish      |
| 11:15 | U13 Boys & Girls              | 3.5k | 1 Small +1 Large + Finish |
| 11:30 | U15 Boys & Girls              | 4.2k | 2 Large Laps + Finish     |
| 12:00 | U17/Sen & Vet Women           | 6.2k | 3 Large Laps + Finish     |
|       | <b>+ U17 &amp; Over65 Men</b> | 6.2k | 3 Large Laps+ Finish      |
| 12:30 | U20,Sen & Vet Men             | 8.2k | 4 Large Laps + Finish     |

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