

LONDON SCHOOLS ATHLETICS ASSOCIATION CROSS COUNTRY CHAMPIONSHIPS – WORMWOOD SCRUBS, WEDS 5th FEBRUARY 2025



LAPS:		Small = A,B,E,F,G,H,J,K,L = approx 1.8km		Medium = A,B,C,D,E,F,G,H,J,K,L = approx 2.1km			
Race 1	12:40	Junior Girls' A	2 small laps = 3.6km	Race 4	14:00	Intermediate & Senior Girls'	2 medium laps = 4.2km
Race 2	13:00	Junior Boys' A	2 small laps = 3.6km	Race 5	14:25	Junior Boys' B	1 medium lap = 2.1km
Race 3	13:25	Intermediate & Senior Boys'	2 medium laps = 4.2km 3 medium laps = 6.3km	Race 6	14:40	Junior Girls' B	1 medium lap = 2.1km