

Central Athletics Callander Cross Country

Saturday 26th November 2022
Race Start 11.15am

- U9, U11, U13, U15 and U17
- Registration from **10.30am** at the **Callander Crags Car Park**
- A mixture of trail, hills, flat, tree roots and muddy downs!
- Fully marked and will be open from 10am
- Course **not suitable for spikes**
- Groups running in separate heats starting with U9/U11
- U17s may run same course as U15s depending on numbers
- Warmup for all groups at 11am
- Races start from **11.15am**

Course Map

Blue Loop: approximately 0.4 mile (0.65 km)

Red Loop: approximately 0.96 mile (1.55 km)

- U9/U11 – from Race Start round one lap of the Red Loop (just over a mile)
- U13/U15 – Blue Loop plus Red Loop (1.36 miles = 2.20 km)
- U17 – Red Loop X 2 (1.92 miles = 3.09 km)

