



West Midland Young Athletes Cross Country League **Timetable & Race Distances**

Time	Age Group	Max Distance
11.00	U/17 Women	4000m
11.25	U/11 Boys	1600m
11.40	U17 Men	4800m
12.05	U/11 Girls	1600m
12.20	U/15 Boys	3200m
12.40	U/13 Girls	2500m
13.00	U/13 Boys	2500m
13.20	U/15 Girls	3200m