



Thames Valley Regional Athletics

TVRA CENTRAL

**CROSS COUNTRY CHAMPIONSHIPS
WEDNESDAY, OCT 19, 2016
Springbank Park - London**

SCHEDULE:

12:00	Coaches Meeting
1:00	Midget Girls 3000m
1:15	Para Girls and Boys
1:30	Midget Boys 5000m
2:00	Junior Girls 4000m
2:30	Junior Boys 6000m
3:10	Senior Girls 5000m
3:45	Senior Boys 7000m

*** Racers should be on the line 10 minutes prior to the start of each race. Races will not run ahead of schedule.**