Kar	nge High S	Chool	ESAA FINAI	Cross	Count	ry Distances	S	
All rad	ces must have		Race	Min Dist	Max Dist			Over min
OUT	start to A	400	Y7 Boys & Girls	2000	2500	OUT	850	
001	A to B	250	17 boys & Giris	2000	2500	C to D	350	
	B to C	200				D to F to G to H	400	
	Total OUT	850				H to C	125	
	10101 001	030				IN	720	
IN	C to B	170				Total	2445	445
	B to A	250				Total	2443	443
	A to Finish		Junior Cirls	2000	3500	OUT	950	
	Total IN	300 720	Junior Girls	3000	3300	C to D	850 350	
	I ULAI IIN	720	Junior Boys			D to G to C	525	
						C to D	350	
						D to G to C	525	
Start	is near end of fo	othall nitcl	+			IN	720	
JIAIL	13 11001 100		1			Total	3320	320
						TOtal	3320	320
			Inter Girls	3500	4000	OUT	850	
			Senior Girls	3300	4000	C to D	350	
			Semor Giris			D to E to F	770	
						F to G to H to C	400	
						C to D	350	
						D to F to G to C	400	
			+			IN	720	
			+			Total	3840	340
						Total	3640	340
			Inter Boys	4500	5000	OUT	850	
			Senior Boys			C to D	350	
						D to E to F	770	
						F to G to H	400	
						H to C	125	
						C to D	350	
						D to E to F	770	
						F to G to H	400	
						H to C	125	
						IN	720	
						Total	4860	360