

Range High School ESAA Final Cross Country Distances									
All races must have			Race	Min Dist	Max Dist			Over min	
<b>OUT</b>	start to A	400	Y7 Boys & Girls	2000	2500	OUT	850		
	A to B	250				C to D	350		
	B to C	200				D to F to G to H	400		
	<b>Total OUT</b>	850				H to C	125		
						IN	720		
<b>IN</b>	C to B	170				<b>Total</b>	<b>2445</b>	445	
	B to A	250							
	A to Finish	300	Junior Girls	3000	3500	OUT	850		
	<b>Total IN</b>	720	Junior Boys			C to D	350		
						D to G to C	525		
						C to D	350		
						D to G to C	525		
Start is near end of football pitch						IN	720		
						<b>Total</b>	<b>3320</b>	320	
			Inter Girls	3500	4000	OUT	850		
			Senior Girls			C to D	350		
						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		
						<b>Total</b>	<b>3840</b>	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		
						<b>Total</b>	<b>4860</b>	360	