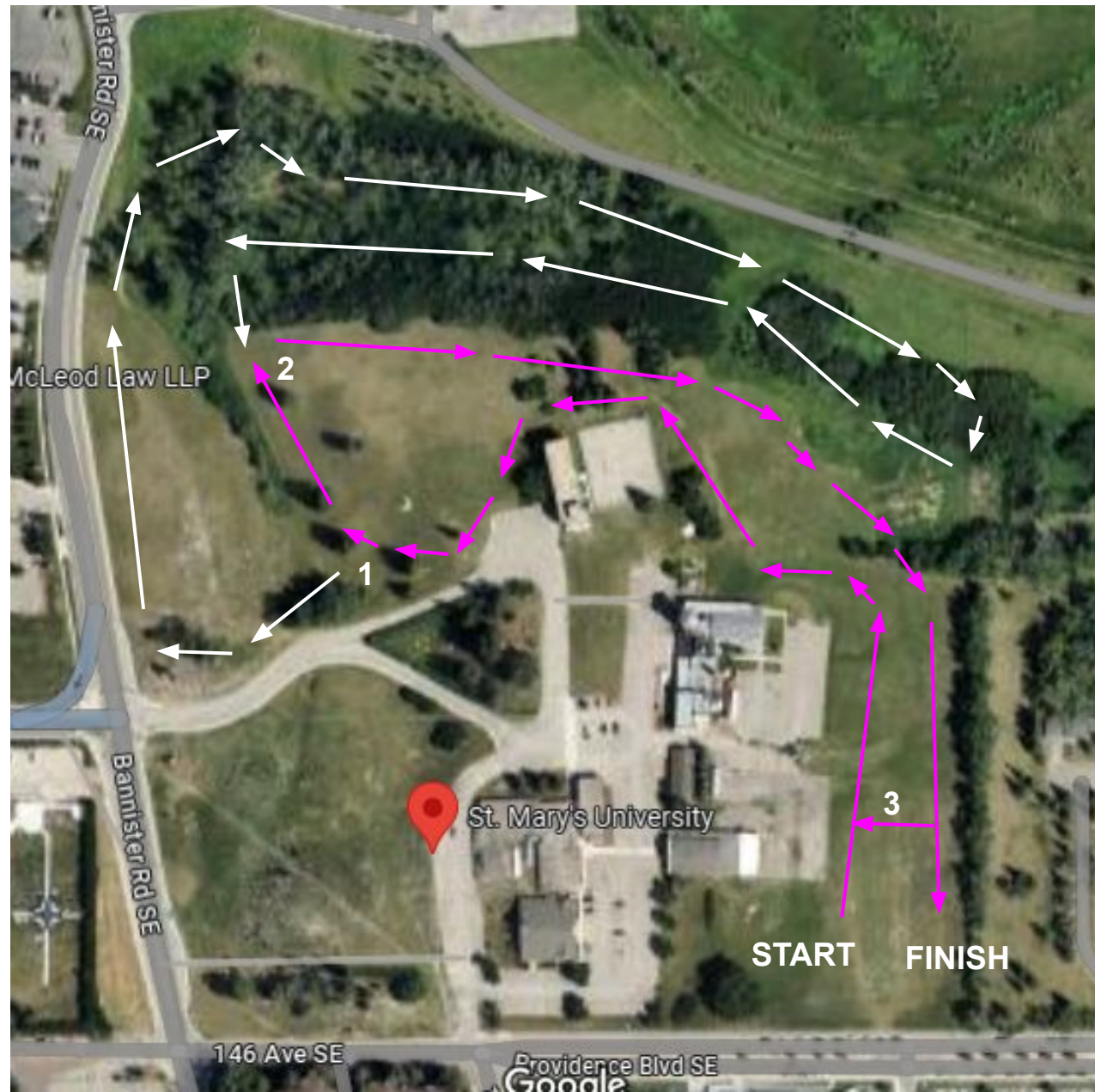


Race #3: St. Mary's Cross Country - October 2, 2024



Junior Boys/Girls:

2 x Pink + White (pink to white at transition 1, white to pink at transition 2) - 4km

Int. Boys/Girls + Senior Girls:

1 x Pink plus 2 x Pink + White (pink to white at transition 1, white to pink at transition 2) - 5km

Senior Boys:

3 x Pink + White (pink to white at transition 1, white to pink at transition 2) - 6km

Course Marshals/Transition:

1. Beaverbrook
2. Thirsk
3. Western