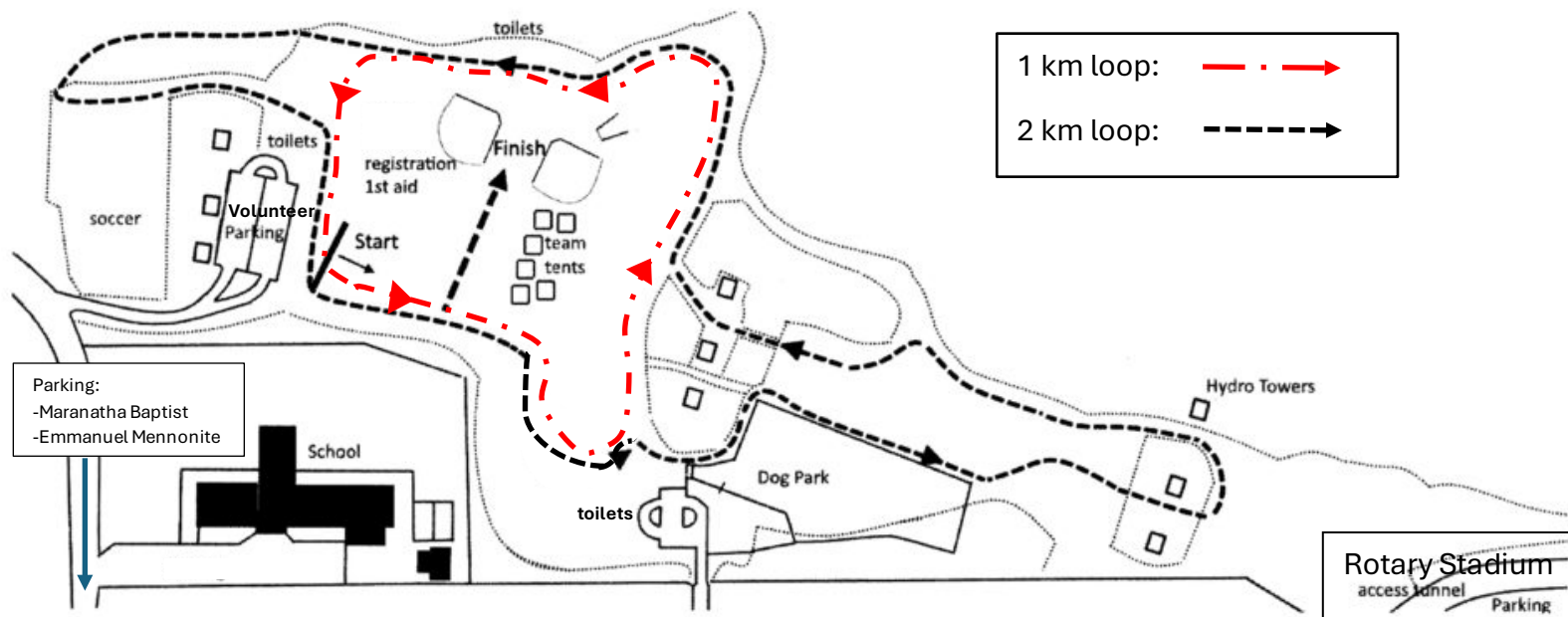


Valley Royals XC Invitational

Clearbrook Park 3680 Clearbrook Rd



Schedule:

10:00	U20/Sr/Open	8 km	4 sets of 2km loops + 200m start to finish
10:45	U9 M+F	1 km	1 km loop + 200m start to finish
11:00	U12 M+F	2 km	2 km loop + 200m start to finish
11:30	U14 M+F	3 km	1 km loop+ 2km loop + 200m start to finish
12:00	<i>Lunch / Course Preview</i>		
1:00	Jr Girls	4 km	2 km loop + 2 km loop + 200m start to finish
1:30	Jr Boys	4 km	2 km loop + 2 km loop + 200m start to finish
2:00	Sr Girls	5 km	1 km loop + 2 km loop + 2 km loop + 200m start to finish
2:30	Sr Boys	5 km	1 km loop + 2 km loop + 2 km loop + 200m start to finish
3:00	Para & AWE	2 km	2 km loop + 200m start to finish