

# Cross Country Distances for 2012

	<u>County:</u>	<u>Region:</u>	<u>National:</u>	
<b><u>Girls</u></b>				<b>Actual;</b>
Under 10	1000m.	1000m.		
Under 11;	1200m.	1200m.		1500m.
Under 12;	1500m.	1500m.		2000m.
Under 13;	2000m.	2000m.		2500m.
Under 14;	2500m.	2500m.		3000m.
Under 15;	3000m.	3000m.		3500m.
Under 16;	3000m.	3500m.		4000m.
Under 17;	3000m.	3500m.		4000m.
Under 18;	3000m.	3500m.		4000m.
Under 19;	3000m.	3500m.		4000m.

<b><u>Boys</u></b>				
Under 10	1000m.	1000m.		
Under 11;	1200m.	1200m.		1500m.
Under 12;	1500m.	1500m.		2000m.
Under 13;	2000m.	2000m.		2500m.
Under 14;	2500m.	2500m.		3000m.
Under 15;	3000m.	3000m.		3500m.
Under 16;	3500m.	3500m.		4000m.
Under 17;	4000m.	4000m.		5000m.
Under 18;	5000m.	5000m.		6000m.
Under 19;	5000m.	5000m.		6000m.