Page 1

MAURITIUS ATHLETICS ASSOCIATION

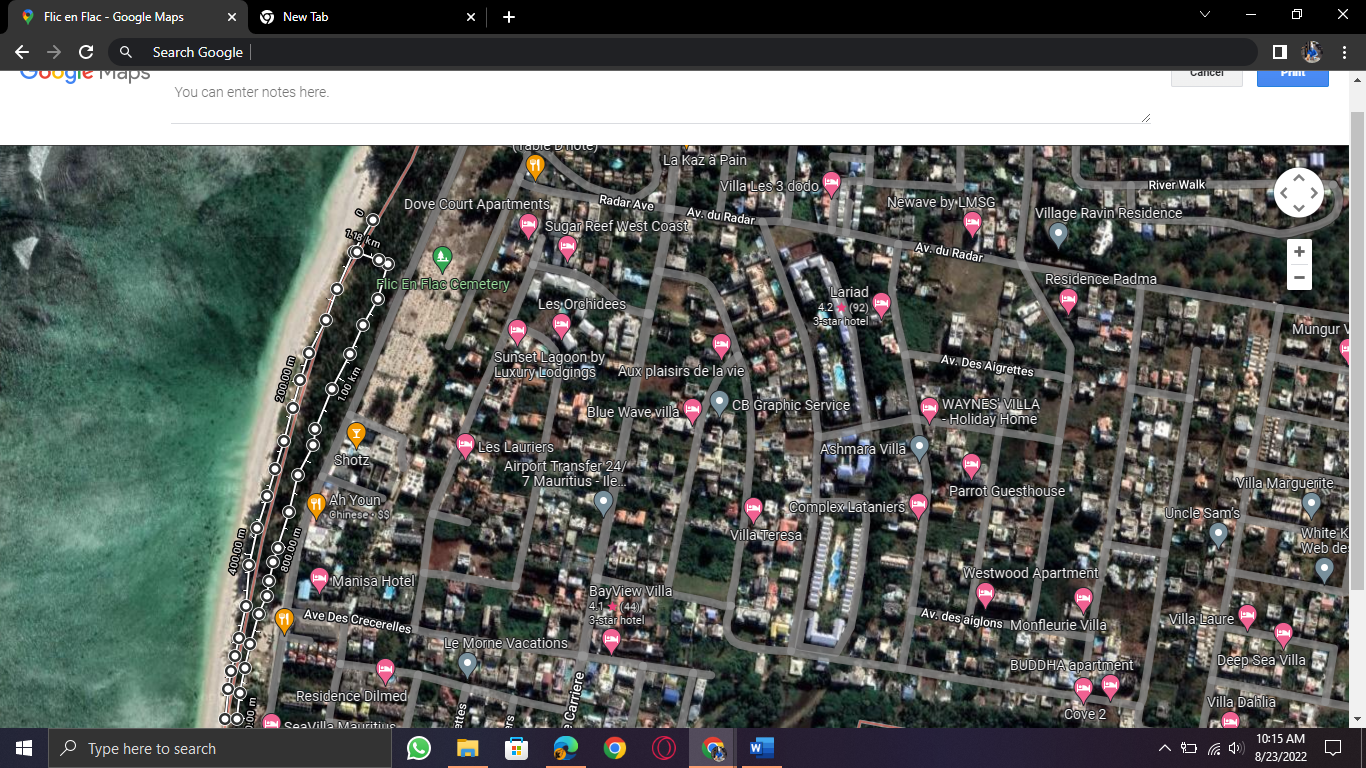


VITAL CROSS COUNTRY LEAGUE 2023

National Championships

Saturday 25th March 2023

**Flic en Flac Public Beach**



O -Depart/Arrivee

toilet

toilet

x

4

3

2

1

5

6

|  |  |  |
| --- | --- | --- |
| **CIRCUIT 1** | 1 -2 -5 -6 -1 | 1 KM |
| **CIRCUIT 2** | 1 – 2 – 3 – 4 – 5 – 6 - 1 | 1.4 KM |



|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | **09:00** | **Senior Men** | Dep 1 + 1 CIRCUIT 1 + 5 CIRCUIT 2 + X - O | ***8 Km*** |
| **2** | **09.45** | **U 10 – Boys**  **U 10 – Girls** | Dep O + 1 CIRCUIT 1 + X - O | **1.1 Km** |
| **3** | **10.10** | **U 12 – Boys**  **U 12 – Girls** | Dep 1 + 1 CIRCUIT 2 + X - O | **1.5 Km** |
| **4** | **10.25** | **U 20 – Men** | Dep 1 + 1 CIRCUIT 1 + 4 CIRCUIT 2 - X - O | **6.5 Km** |
| **5** | **10.45** | **U 14 – Girls** | Dep O + 2 CIRCUIT 1 + X - O | **2.1 km** |
| **6** | **10.55** | **U 14 – Boys**  **U 16 – Girls** | Dep O + 2 CIRCUIT 2 + X - O | **3 Km** |
| **7** | **11.05** | **U 18 – Boys**  **Masters - Men** | Dep O + 4 CIRCUIT 2 + X - O | **5.7 Km** |
| **8** | **11.30** | **Senior – Women**  **U 20 – Women** | Dep 1 + 1 CIRCUIT 1 + 3 CIRCUIT 2 - X - O | **5.1 km** |
| **9** | **11.45** | **U 16 Boys/** **U 18 Girls/ Master women** | Dep 1 + 3 CIRCUIT 2 + X - O | **4.3 Km** |
| **10** | **12.00** | **Fun Run** | Dep 1 + 2 CIRCUIT 1 + X - O | **2 Km** |