

## **SECTION 10.1      CROSS COUNTRY RACES**

⓪ The following distances are recommended for the Junior Development Cross Country Championships but these may vary depending on the location and the course available.

- 9 years    1500 metres            male and female
- 10 years   2000 metres            male and female
- 11 years   2000 metres            male and female
- 12 years   3000 metres            male and female
- 13 years   3000 metres            male and female
- 14 years   3000 metres            male and female

⓪ The Cross Country Championship Meet may not start before 11:00 AM for Junior Development age classes.

⓪ Entry fees for the BCJD Cross Country Championships are determined by the JD Committee.