



1er Control de Cross Temporada 2011-2012

Lloc: Poliesportiu de Sant Lluís

10:30 Categories federades (circuit 1500 metres – volta grossa)

Juvenil – Junior Femeni	(3 voltes)	4.500 metres
Juvenil – Junior Masculi	(3 voltes)	4.500 metres
Resta categories Femenines	(3 voltes)	4.500 metres
Veterans Masculi	(3 voltes)	4.500 metres
Promesa – Senior Masculi	(5 voltes)	7.500 metres

11:20 Categories, benjami (circuit 1000 metres – volta petita)

Benjami Masculi i Femeni (1/2 volta petita) 500 metres

DORSALS 300 - 330

11:30 Categories, alevi (circuit 1000 metres – volta petita)

Alevi Masculi i Femeni (1 volta petita) 1000 metres

DORSALS 416 - 431

11:30 Categories infantil i cadet (circuit 1000 metres – volta petita)

Infantil Femeni	(1 volta petita)	1000 metres
Infantil Masculi i Cadet Femeni	(2 voltes petites)	2000 metres
Cadet Masculi	(4 voltes petites)	4000 metres

DORSALS 224 - 251