**Great Edinburgh X Country + Great Winter Run Times**

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| **Time** | **Race Title (Provisional)** | **Race Distance** | **Race Duration** | **No of athletes** | **Laps****Short = 1k****Long = 1.5k** |
| 09:50 | U15 Girls Inter District + U15 Boys Inter District | 4km | 15m30secs – 20mins | 90 | 4 x Short Laps |
| **10:10****10:15****10:20** | **Great Winter Run White Wave****Great Winter Run Green Wave****Great Winter Run Pink Wave** | **5km** |  |  |  |
| 10.35 | Senior + Junior Women Inter District + U23 Celtic Nations | 6km | 21mins – 26mins | 60 x Senior, 16 x Celtic Nations | 4 x Long Laps |
| 11.05 | Senior + Junior Men Inter District + U23 Celtic Nations | 8km | 26mins – 32mins | 60 x Senior, 16 x Celtic Nations | 2 x Short Laps then 4 x Long Laps |
| 11:40 | U13 Girls Inter District + U13 Boys Inter District | 3km | 11 – 15mins | 90 | 3 x Short Laps |
| 12:00 | **Great Edinburgh X Country****Junior Men’s 6km\***Inc. U17 ID U17 Celtic Nations and U20 Celtic Nations | 6km | 19mins – 24m 30sec | 18 x Junior45 ID, 32 x Celtic Nations | 4 x Long Laps |
| **12:10** | **Junior Great Winter Run** | **2.5km** |  |  |  |
| 12:30 | **Great Edinburgh X Country****Junior Women’s 4km\***Inc. U17 ID U17 Celtic Nations and U20 Celtic Nations | 4km | 14mins – 19mins  | 18 x Junior45 ID, 32 x Celtic Nations | 1 x Short Lap then 2 x Long Laps |
| **13:00** | **BBC ON AIR** |  |  |  |  |
| **13:06** | **Great Edinburgh X Country 4 x 1k Relay\*\*** | **4x1k** | **12mins – 15mins** | **8 teams of 4** | **4 x Short Laps** |
| **13:30** | **Great Edinburgh X Country****Women’s 6km\*\*** | **6km**  | **20m 30sec – 23mins**  | **32** | **4 x Long Laps**  |
| **13:57** | **Great Edinburgh X Country****Men’s 8km\*\*** | **8km** | **25m 30sec – 27mins** | **32** | **2 x Short Laps then 4 x Long Laps** |
| **14:29** | **BBC OFF AIR** |  |  |  |  |

\*Recorded events \*\*Live events (Subject to change)