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

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| **Time** | **Race Title (Provisional)** | **Race Distance** | **Race Duration** | **No of athletes** | **Laps****Short = 1k****Long = 1.5k** |
| 09:34 | Great Winter Run Warm-up 1 (5min) |  |  |  |  |
| 09:40 | Great Winter Run White Wave | 5km |  |  |  |
| 09:46 | Great Winter Run Green Wave | 5km |  |  |  |
| 10:00 | Great Winter Run Warm-up 2 (5min) |  |  |  |  |
| 10:06 | Great Winter Run Pink Wave | 5km |  |  |  |
| 10:12 | Great Winter Run Red Wave | 5km |  |  |  |
| 10:15 | U15 Girls Inter District + U15 Boys Inter District | 4km | 15m30secs – 20mins | 90 | 4 x Short Laps |
| 10.40 | Senior + Junior Women Inter District | 6km | 21mins – 26mins | 60 | 4 x Long Laps |
| 11.10 | Senior + Junior Men Inter District  | 8km | 26mins – 32mins | 60 | 2 x Short Laps then 4 x Long Laps |
| 11:38 | Junior Great Winter Run Warm-up |  |  |  |  |
| 11:45 | Junior Great Winter Run | 2.5km |  |  |  |
| 11:50 | U13 Girls Inter District + U13 Boys Inter District | 3km | 11 – 15mins | 90 | 3 x Short Laps |
| 12:15 | Great Edinburgh X CountryJunior Men’s 6km Inc. U17 ID\* | 6km | 19mins – 24m 30sec | 18 x Junior45 ID | 4 x Long Laps |
| 12:45 | Great Edinburgh X CountryJunior Women’s 4km Inc. U17 ID\* | 4km | 14mins – 19mins  | 18 x Junior45 ID | 1 x Short Lap then 2 x Long Laps |
| 13:15 | BBC ON AIR |  |  |  |  |
| 13:23 | Great Edinburgh X Country 4 x 1k Relay\*\* | 4x1k | 12mins – 15mins | 8 teams of 4 | 4 x Short Laps |
| 13:55 | Great Edinburgh X CountryWomen’s 6km\*\* | 6km  | 20m 30sec – 23mins  | 32 | 4 x Long Laps  |
| 14:35 | Great Edinburgh X CountryMen’s 8km\*\* | 8km | 25m 30sec – 27mins | 32 | 2 x Short Laps then 4 x Long Laps |
| 15:15 | BBC OFF AIR |  |  |  |  |

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