

DAY 4

Open Day Ring Rotation

All Groups will walk their course at the same time, run and then rotate.

RING 1	RING 2	RING 3	RING 6	RING 7	RING 8
AMBER 200 300 500	BLUE 400 500	CRIMSON 500 600	DAFFODIL 500	EMERALD 500	FUCHSIA 500
BLUE 400 500	CRIMSON 500 600	DAFFODIL 500	EMERALD 500	FUCHSIA 500	AMBER 200 300 500
CRIMSON 500 600	DAFFODIL 500	EMERALD 500	FUCHSIA 500	AMBER 200 300 500	BLUE 400 500
DAFFODIL 500	EMERALD 500	FUCHSIA 500	AMBER 200 300 500	BLUE 400 500	CRIMSON 500 600
EMERALD 500	FUCHSIA 500	AMBER 200 300 500	BLUE 400 500	CRIMSON 500 600	DAFFODIL 500
FUCHSIA 500	AMBER 200 300 500	BLUE 400 500	CRIMSON 500 600	DAFFODIL 500	EMERALD 500

If there are any errors in the table above – please go by the running order in the pages to follow.