

Inter-District Cross Country Championships

Age Group	Distance	Individuals		Teams		
		Medals	Trophy	Medals	Trophy	Counters
U20 Men+	8K	1 st , 2 nd , 3 rd		1 st , 2 nd , 3 rd		6
U17 Men	6K	1 st , 2 nd , 3 rd		1 st , 2 nd , 3 rd		6
U15 Boys	4K	1 st , 2 nd , 3 rd		1 st , 2 nd , 3 rd		6
U13 Boys	3K	1 st , 2 nd , 3 rd		1 st , 2 nd , 3 rd		6

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U20 Women+	8K	1 st , 2 nd , 3 rd		1 st , 2 nd , 3 rd		6
U17 Women	6K	1 st , 2 nd , 3 rd		1 st , 2 nd , 3 rd		6
U15 Girls	4K	1 st , 2 nd , 3 rd		1 st , 2 nd , 3 rd		6
U13 Girls	3K	1 st , 2 nd , 3 rd		1 st , 2 nd , 3 rd		6

Each District may select 15 athletes for each race. In the Seniors race a Scottish Students team competes with the Districts.