



## Lightning Running Club (LRC) 2008 XC Barrier Times

Race Division	Barrier Level	Girls	Boys
6 & U – 1 km*	1	4:30	4:00
6 & U – 2 km*	1	10:00	9:30
	2	9:30	9:00
7 & 8 – 2 km*	1	9:00	8:15
	2	8:30	7:45
9 – 3 km Sub-Bantam	1	13:00	12:00
	2	12:30	11:30
10 – 3 km Bantam	1	12:30	11:45
	2	12:00	11:15
11 – 3 km Sub-Midget	1	12:15	11:30
	2	11:45	10:50
12 – 3 km Midget	1	12:00	11:00
	2	11:30	10:30
13 – 4 km Sub-Youth	1	17:15	15:15
	2	16:30	14:30
14 – 4 km Youth	1	16:30	14:45
	2	15:45	14:00

**Notes:**

**Level 1:** Represents a competitive race time with the potential to place in the top 50 at Nationals.

**Level 2:** Represents an extremely competitive race time with the potential to place in the top 20 at Nationals.

\* 1 km and 2 km divisions are not raced at USATF Nationals; in 2008 the 2 km will be raced for 8 & unders at AAU Nationals only.; † These levels provide goals for those 2 km runners who compete in the 3 km.