

Liverpool Cross Challenge 2024 - Race Timetable

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| Race 1 | 10.30hrs 1.5km | Senior Men (Short Course – European Trial) One reduced short lap plus start and finish straights |
| Race 2 | 10.35hrs 1.5km | Senior Women (Short Course – European Trial) One reduced short lap plus start and finish straights |
| Race 3 | 10.45hrs 2km | U11 Boys One short lap plus start and finish straights |
| Race 4 | 10.55hrs 2km | U11 Girls One short lap plus start and finish straights |
| Race 5 | 11.05hrs 3km | U13 Girls One long lap plus start and finish straights |
| Race 6 | 11.20hrs 3km | U13 Boys One long lap plus start and finish straights |
| Race 7 | 11.35hrs 3km | U15 Boys One long lap plus start and finish straights |
| Race 8 | 11.50hrs 3km | U15 Girls One long lap plus start and finish straights |
| Race 9 | 12.05hrs 4.4km | U17W / World Athletics Junior Women (U20 – 31.12.24) One short lap and one long lap plus start and finish straights |
| Race 10 | 12.25hrs 4.4km | U17 Men / World Athletics Junior Men (U20 – 31.12.24) One short lap and one long lap plus start and finish straights |
| Race 11 | 12.45hrs 8.0km (SW) 5.6km (U23) | Senior Women (inc U23 European Women's Trial) Three long laps (For Senior Women) plus start and finish straights Two long laps (For U23W) plus start and finish straights |
| Race 12 | 13.50hrs 8.0km (SM) 5.6km (U23) | Senior Men (inc U23 European Men's Trial) Three long laps (For Senior Men) plus start and finish straights Two long laps (For U23M) plus start and finish straights |