



OPEN  
VIRTUAL  
GAMES

# VIRTUAL CROSS COUNTRY

NIKE X LYG VIRTUAL CROSS COUNTRY IS A VIRTUAL EVENT DESIGNED TO GIVE YOUNG LONDONERS THE OPPORTUNITY TO KEEP ACTIVE AND REPRESENT THEIR BOROUGHs DURING LOCKDOWN.

## VIRTUAL EVENT DATES:

SATURDAY 21ST NOVEMBER – SUNDAY 6TH DECEMBER

## AGE GROUPS AND RACE DISTANCES:

MALE		FEMALE	
U11	1500m	U11	1500m
U13	2000m	U13	2000m
U15	3000m	U15	2000m
U17	4500m	U17	3000m

Participants must complete their distance and submit their time via the London Youth Games website to score points for their borough. Points are scored for participation and performance.

Participants who upload proof of time over their set distance will be entered into a leaderboard for their age group. The winning borough and leaderboards for each age group will be revealed after the event's closing date.

Participants should read the [Safety Guidance](#) before taking part in this event.

Share photos and videos with us on social media using #THISISLYG