

Cross Country Program

2024

8:15 a.m.		Officials meeting		
8:30 a.m.		Walk the course (10-12yrs escorted, 13-19yrs students – not escorted)		
Event No.	Event Time	Age Division		Distance
1	9:00 a.m.	Boys 18 / 19 years	(2005 – 2006)	8km
2	9:25 a.m.	Boys 16 years	(2008)	6km
3	9:40 p.m.	Boys 17 years	(2007)	6km
4	10:00 a.m.	Girls 18 / 19 years	(2005 – 2006)	6km
5 & 6	10:30 a.m.	Boys Multi Class 10 -12yr (2014 – 2012) & Boys 10 years	(2014)	2km
7 & 8	10:40 a.m.	Girls Multi Class 10 -12yr (2014 – 2012) & Girls 10 years	(2014)	2km
9	10:50 a.m.	Boys 11 years	(2013)	3km
10	11:00 a.m.	Girls 11 years	(2013)	3km
11	11:10 a.m.	Boys 12 years	(2012)	3km
12	11:25 a.m.	Girls 12 years	(2012)	3km
	11:45 a.m.	Break for Officials		
13 & 14	12:05 p.m.	Boys Multi Class 13 -19yr (2011 – 2005) & Boys 13 years	(2011)	3km
15 & 16	12:20 p.m.	Girls Multi Class 13 -19yr (2011 – 2005) & Girls 13 years	(2011)	3km
17	12:35 p.m.	Boys 14 years	(2010)	4km
18	12:50 p.m.	Girls 14 years	(2010)	4km
19	1:05 p.m.	Boys 15 years	(2009)	4km
20	1:15 p.m.	Girls 15 years	(2009)	4km
21	1:30 p.m.	Girls 16 years	(2008)	4km
22	1:45 p.m.	Girls 17 years	(2007)	4km
APPROX. CONCLUSION OF RACES 2.15PM				