



6 October 2026 ESAA Schools' Cross Country Cup – Round 1 / NSAA YEAR 7 RACES

10.45am – Junior Girls (2100m, small + large loop)	Start-A-E-D-F-A-B-C-D-E-Finish
11.00am – Junior Boys (3200m, 2 large loops)	Start-A-B-C-D-F-A-B-C-D-E-Finish
11.15am – Inter Girls (3200m, 2 large loops)	Start-A-B-C-D-F-A-B-C-D-E-Finish
11.30am – Senior Girls (3200m, 2 large loops)	Start-A-B-C-D-F-A-B-C-D-E-Finish
11.50pm – Inter Boys (4800m, 3 large)	Start-A-B-C-D-F-A-B-C-D-F-A-B-C-D-E-Finish
12.10pm – Senior Boys (4800m, 3 large)	Start-A-B-C-D-F-A-B-C-D-F-A-B-C-D-E-Finish
12.30pm – Year 7 Girls (2100m, small + large loop)	Start-A-E-D-F-A-B-C-D-E-Finish
12.45pm – Year 7 Boys (3200m, 2 large loops)	Start-A-B-C-D-F-A-B-C-D-E-Finish

NSAA Primary Schools' Team Cross Country Championships – 1.00pm Start

1.00pm – Year 3 Girls (1350m, 1 medium loop)	Start - A – B – C – E - Finish
1.15pm – Year 3 Boys (1350m, 1 medium loop)	Start - A – B – C – E - Finish
1.30pm – Year 4 Girls (1350m, 1 medium loop)	Start - A – B – C – E - Finish
1.45pm – Year 4 Boys (1350m, 1 medium loop)	Start - A – B – C – E - Finish
2.00pm – Year 5 Girls (1600m, 1 larger loop)	Start - A – B – C – D - E - Finish
2.15pm – Year 5 Boys (1600m, 1 larger loop)	Start - A – B – C – D - E - Finish
2.30pm – Year 6 Girls (1600m, 1 larger loop)	Start - A – B – C – D - E - Finish
2.45pm – Year 6 Boys (1600m, 1 larger loop)	Start - A – B – C – D - E - Finish

