

## 8 October 2024 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-E-Finish 12.10pm - Senior Boys (4800m, 3 large) Start-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