

2km - 8, 9 & 10 years

29 May 2019 Meadowbank Park - Cross Country Carnival



10.25am 8/9 years walk the course

10.25am 10 years walk the course

12.25pm 8/9 years Girls race

12.35pm 8/9 years Boys race

12.45pm 10 year Girls race

12.55pm 10 year Boys race

2.00pm Presentations

2.30pm Carnival concludes

- ❖ All competitors must wear school sports uniform/ school running singlet and suitable footwear
- ❖ All competitors **must have** a name tag with: first name and family name, school, age group and date of birth
- ❖ **No** running spikes are permitted
- ❖ It is the responsibility of all competitors to run the correct course
- ❖ Competitors interfering with other competitors will be disqualified.

The first six (6) competitors in each age group will represent the Ryde Zone at the regional Cross Country Carnival on Friday 21st June at Gosford Racecourse



3km 11, 12 & 13 years 29 May 2019 Meadowbank Park Cross Country Carnival



- 10.15am 12/13 years walk the course
- 10.15 am 11 years walk the course
- 11.15 pm 12/13 year girls race
- 11.25pm 12/13 year boys race
- 11.50pm 11 year girls race
- 12:00pm 11 year boys race

- ➔ All competitors must wear school sports uniform/ school running singlet and suitable footwear
- ➔ All competitors **must have** a name tag with: first name and family name, school, age group and date of birth
- ➔ **No** running spikes are permitted
- ➔ It is the responsibility of all competitors to run the correct course
- ➔ Competitors interfering with other competitors will be disqualified.



Although the race order will not change, race times are approximate only and may be varied to suit the conditions

The first six (6) competitors in each age group will represent the Ryde Zone at the regional Cross Country Carnival on Friday 21st June at Gosford Racecourse