

**ESPSSA Cross Country Carnival 2022**

**Date**: Friday 13 MAY 2022

**Venue**: Heffron Park, Jersey Rd, pool end.

**Time**: 10:00 am- 2:00 pm.

**Timetable** :
10:00am:       Assemble in school groups and walk the course.
11:00pm:       Races Commence. See event order below.
2.00pm:         Carnival is expected to conclude.

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| **Event Number** | **Time** | **Race** | **Distance** |
| 1. | 11.00 | 8/9 Boys | 2km |
| 2. | 11.15 | 8/9 Girls | 2km |
| 3. | 11.30 | 10 Boys | 2km |
| 4. | 11.45 | 10 Girls | 2km |
| 5. | 12.00 | 11 Boys | 3km |
| 6. | 12.15 | 11 Girls | 3km |
| 7. | 12.30 | 12/13 Boys | 3km |
| 8. | 12.45 | 12/13 Girls | 3km |

Regional notes will be presented at the recording desk. Ribbons will be given to schools at a later date, and not handed out during the day.

Non competitors MUST NOT BE ON OR CROSS the course.

 **Rules**:

* 4 age divisions - 8/9, 10, 11, 12/13:
* Please ensure that competitors can complete these distances without undue stress.
* No spikes. Suitable footwear must be worn. No competitor can run in bare feet.
* First **6** in each age division go on to Regional Carnival.