



SCHOOL SPORT VICTORIA SOUTHERN METRO (PRIMARY) REGION 2018 CROSS COUNTRY

- Date:** 21 June 2018
Venue: Hasting's Foreshore.
Car Parking: Hasting's foreshore, Marine Parade, Hastings.
Important: Races will be on a tight time schedule so allow enough time for arrival and warm up. Competitors will be marshaled at the start line.
REGISTRATION (for runner ID number) is required on the day AT THE VENUE ONLY.
Postponement: The event will only be postponed in extreme cases. Children should bring a change of clothes. Cross Country events are often run through rain, water, mud and other 'wet' obstacles.
Age: Calculated as at 31st December this year.
First Aid: First Aid Staff will be in attendance on the day
Footwear: Competitors are not permitted to wear spikes, football boots, hockey or other cleated shoes.

SMR (Primary) Region

(Times are approximate please arrive before scheduled race start)

- 10.00 am. Girls Age 9/10 - 2km
- 10.20 am. Boys Age 9/10 - 2km
- 10.40 am. Girls Age 11- 3km
- 11.00 am. Boys Age 11- 3km
- 11.20 am. Girls Age 12/13- 3km
- 11.40 am. Boys Age 12/13- 3km

Any MultiClass competitors will run in the 9/10 year old, 2km Race.

PLACINGS & AWARDS:

- The first 3 placegetters in each event will receive an SSV medal
- The first 12 placegetters in each event will progress to the SSV State Cross Country Carnival
- Results (and a printable certificate) available online at www.ssv.vic.edu.au (South Metro Region)

Detailed course map available on the South Metro Region section of the SSV Website - www.ssv.vic.edu.au

It is the runner's responsibility to know the course

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