



# SCHOOL SPORT VICTORIA SOUTHERN METRO PRIMARY REGION 2023 CROSS COUNTRY

- Date:** WED 14<sup>th</sup> June 2023  
**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

## 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

All 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 available online at [www.ssv.vic.edu.au](http://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](http://www.ssv.vic.edu.au)  
And also should be attached on the second page of information with this flyer

**It is the runner's responsibility to know the course**

