

## Zone Four Cross Country Schedule 2009

### Southern Kings Consolidated School

Tuesday, October 6<sup>th</sup>, 2009

Rain date: Wednesday, October 7<sup>th</sup>, 2009

- Tips for enjoying your day:

Dress warmly

Bring plenty of water

Be sure to have a set of race clothes (shorts, t-shirt, sneakers).

THERE WILL BE CANTEEN SERVICE AT SOUTHERN KINGS CONSOLIDATED AGAIN THIS YEAR!!!!

- Order of events:

Time		Action	Distance
10:00 a.m.		Midget/Senior Coaches meeting	
10:15 a.m.		Senior women & Senior men	4.0 km
10:35 a.m.		Juvenile Boys & Girls	3.5 km
May be run together.	10:55 a.m.	Midget girls & Midget boys	3.5 km
			3.5 km
11:00 a.m.		Remainder of the Coaches meet.	
11:30 a.m.		Pre-novice girls	1.5 km
11:45 a.m.		Pre-novice boys	1.5 km
12:00 p.m.		Novice girls	2.5 km
12:20 p.m.		Novice boys	2.5 km
12:40		Bantam girls	3.0 km
1:00 p.m.		Bantam boys	3.0 km

This schedule is approximate as we may either run ahead of schedule or possibly behind. Adjustments will be made in the schedule as required.