

AUTUMN

CROSS COUNTRY MEET

2022

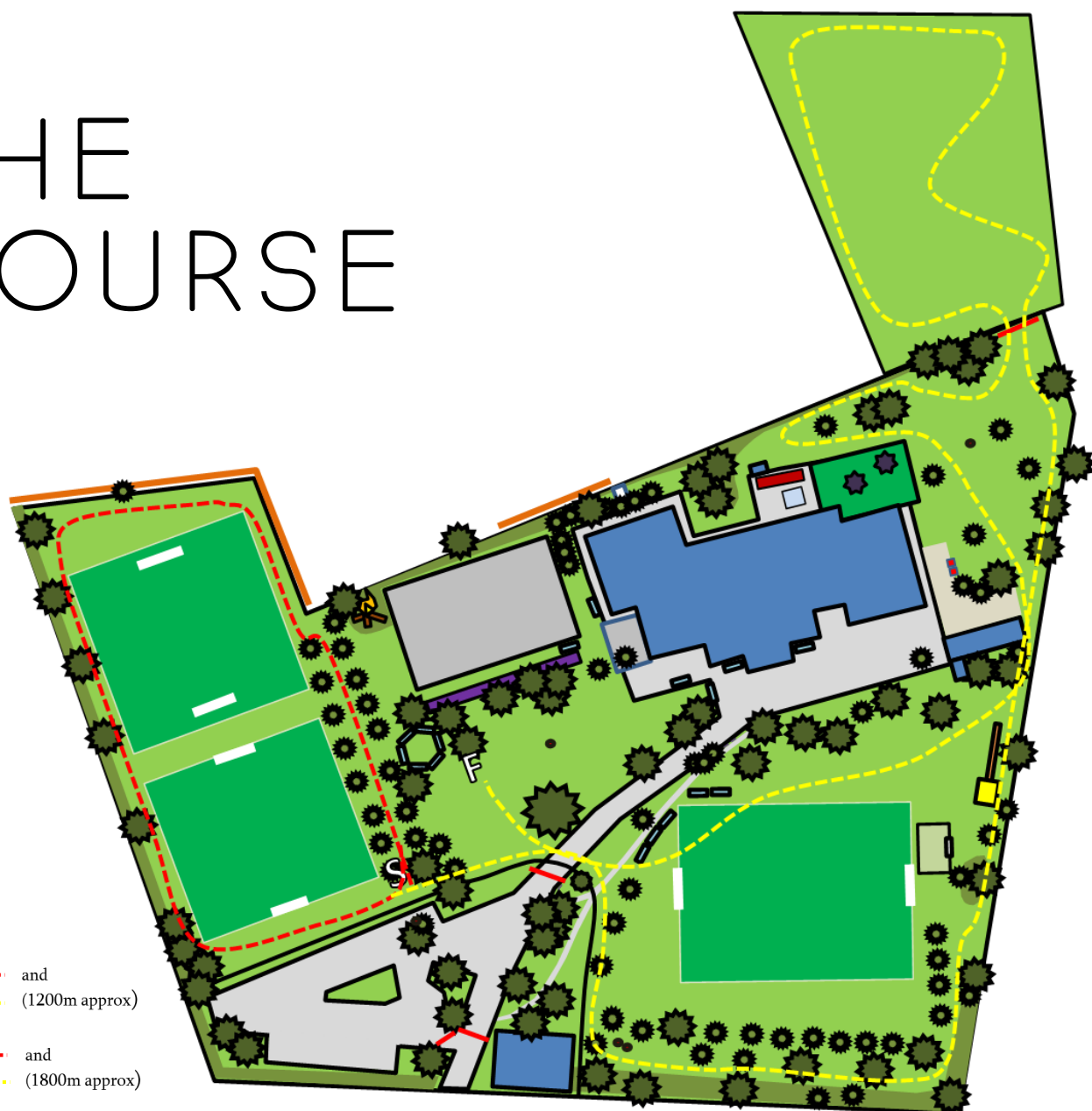
THURSDAY 17TH NOVEMBER

WELCOME





A warm welcome to the annual Highfields School Cross Country Meet. We would like to take this opportunity to thank all the schools for their attendance and wish you the very best of luck in this event.



THE COURSE



Distances

- Under 9
1 x lap of  and
1 x lap of  (1200m approx)
- Under 11
2 x lap of  and
1 x lap of  (1800m approx)

TIMINGS

1.00pm Arrival & opportunity
- 1.30pm to walk the course

1.40pm Under 9 Girls 1200m

1.55pm Under 9 Boys 1200m

2.10pm Under 11 Girls 1800m

2.25pm Under 11 Boys 1800m

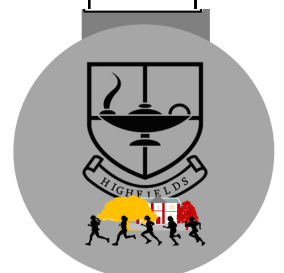
(Distances are approximate)

2.45pm Refreshments

3.00pm Presentations

3.15pm (approx.) Departure

HIGHFIELDS CROSS COUNTRY 2022



FOR YOUR INFORMATION...

HEALTH & SAFETY

Athletes are advised that Health & Safety regulations recommend that you should examine the course for potential hazards before competing.

The course has been checked by the organisers and a risk assessment conducted. The Race Referee has inspected the course and declared it suitable for use today.

Any competitor who has concerns about a safety aspect on the course should bring it to the attention of the organisers IMMEDIATELY.

FIRST AID

Any situation arising that requires First Aid treatment anywhere on the course must be reported immediately to Highfields School Personnel. First aid kits are located at the gazebo and school office

All participants are reminded of their duty of care to each other, if you suspect that someone, athlete or spectator, is in need of medical assistance you must act appropriately.