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| **10 October2023 ESAA Schools’ Cross Country Cup – Round 1 / NSAA YEAR 7 RACES**  **10.45am** **– Junior Girls** (2100m, small + large loop) Start-A-E-D-F-A-B-C-D-E-Finish  **11.00am** **– Junior Boys** (3200m, 2 large loops) Start-A-B-C-D-F-A-B-C-D-E-Finish  **11.15am** **– Inter Girls**  (3200m, 2 large loops) Start-A-B-C-D-F-A-B-C-D-E-Finish  **11.30am** **– Senior Girls** (3200m, 2 large loops) Start-A-B-C-D-F-A-B-C-D-E-Finish  **11.50pm** **– Inter Boys**  (4800m,3 large) Start-A-B-C-D-F-A-B-C-D-F-A-B-C-D-E-Finish  **12.10pm** **– Senior Boys** (4800m, 3 large) Start-A-B-C-D-F-A-B-C-D-F-A-B-C-D-E-Finish  **12.30pm** **– Year 7 Girls** (2100m, small + large loop) Start-A-E-D-F-A-B-C-D-E-Finish  **12.45pm** **– Year 7 Boys** (3200m, 2 large loops) Start-A-B-C-D-F-A-B-C-D-E-Finish | **NSAA Primary Schools’ Team Cross Country Championships – 1.00pm Start**  **1.00pm – Year 3 Girls** ( 1350m, 1 medium loop ) Start - A – B – C – E - Finish  **1.15pm – Year 3 Boys** ( 1350m, 1 medium loop ) Start - A – B – C – E - Finish  **1.30pm – Year 4 Girls** ( 1350m, 1 medium loop ) Start - A – B – C – E - Finish  **1.45pm – Year 4 Boys** ( 1350m, 1 medium loop ) Start - A – B – C – E - Finish  **2.00pm – Year 5 Girls** ( 1600m, 1 larger loop ) Start - A – B – C – D - E - Finish  **2.15pm – Year 5 Boys** ( 1600m, 1 larger loop ) Start - A – B – C – D - E - Finish  **2.30pm – Year 6 Girls** ( 1600m, 1 larger loop ) Start - A – B – C – D - E - Finish  **2.45pm – Year 6 Boys** ( 1600m, 1 larger loop ) Start - A – B – C – D - E - Finish |