



KIRSTENHOF PRIMARY SCHOOL

CROSS COUNTRY

Friday 5 May

CONSTANTIA
SPORTS
COMPLEX

CONSTANTIA
MAIN ROAD





Programme

14:50	Welcome & briefing	
15:00	U7 Boys	1KM
15:01	U7 Girls	1KM
15:06	U8 Boys	1KM
15:07	U8 Girls	1KM
15:12	U9 Boys	2KM
15:13	U9 Girls	2KM
15:25	U10 Boys	2KM
15:26	U10 Girls	2KM
15:40	U11 Boys	3KM
15:41	U11 Girls	3KM
15:55	U12 Boys	3KM
15:56	U12 Girls	3KM
16:10	U13 Girls	3KM
16:25	U13 & U14 Boys & U14 Girls	4KM

Each runner must have a sticker with their school's name, runner's name, age group & gender.



Tuckshop



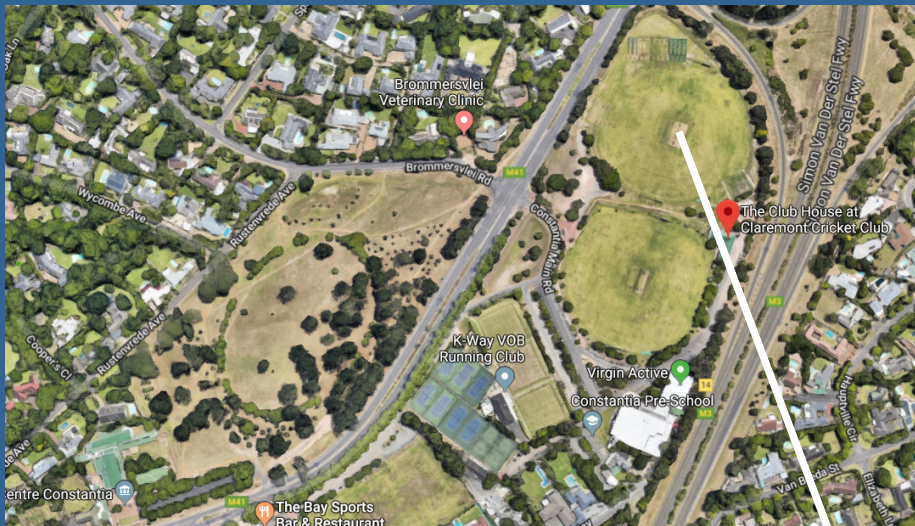
Limited Parking

Car-pooling strongly advised



Continues despite bad weather

Constantia Sports Complex



FRI
5/5



24° /12°

Find us on
the lower
field

PARKING:

Please obey the rules of the road at all times.

Please refrain from parking on the grass.

Remain respectful of our venue.

Parking is available at:

- False Bay Rugby Club
- Constantia Sports Complex
- Constantia Village Shopping Centre



Contact person
Nicole Wright

nwrighte
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**1,5 km x 2 loops
= 3 km route**

Measure distance

Total distance: 1.50 km (4,917.64 ft)



1km route

1km x 2 loops = 2km route

Measure distance

Total distance: 1.00 km (3,295.45 ft)



**2 km x 2 loops
= 4 km route**

Measure distance
 Total area: 47,583.40 m² (512,183.45 ft²)
 Total distance: 2.00 km (1.24 mi)