

# Hong Kong Schools Sports Federation

## Schools Interport Cross Country Competition 2018-2019 23 – 26/ 11/ 2018, Zhongshan, Guangdong

### Training Schedule

Month	Day	Time	Venue
October	24 & 31 (Wed)	1700 – 1900	大坑東遊樂場 Tai Hang Tung Recreation Ground
	27 (Sat)	0900 - 1100	元朗大欖郊野公園大棠段 Tai Tong, Tai Lam Country Park
November	3 (Sat) – Time Trial	0900 - 1100	元朗大欖郊野公園大棠段 Tai Tong, Tai Lam Country Park
	10 (Sat)	0900 - 1100	跑馬地遊樂場 Happy Valley Recreation Ground
	7 & 14 (Wed)	1700 – 1900	大坑東遊樂場 Tai Hang Tung Recreation Ground
	17 (Sat)	0900 - 1100	賽馬會體藝中學 Jockey Club Ti-I College

- Remarks :**
- 1) Please follow the training schedule, wear proper sportswear and arrive on time.
  - 2) If students are not able to attend the training due to sickness/personal issues, please return 「Student Leave Notification Form」 to the HKSSF office at the training day/at least 3 working days prior to the activity via fax or email.  
(HKSSF.org.hk > Interport & Overseas Competitions >Forms)

HKSSF External Office

Tel: 2768 8212

Fax: 2768 4525

Email: external@hkssf.org.hk