

All Hong Kong Schools Jing Ying Cross Country (Team) Tournament 2024-2025

Date: 19 March 2025 (Wednesday)

Time: 09:30 – 12:30

Venue: Tai Lam Country Park, Tai Tong



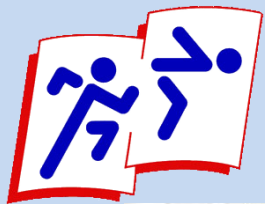
All Hong Kong Schools Jing Ying Cross Country (Team) Tournament 2024-2025

Competition Schedule

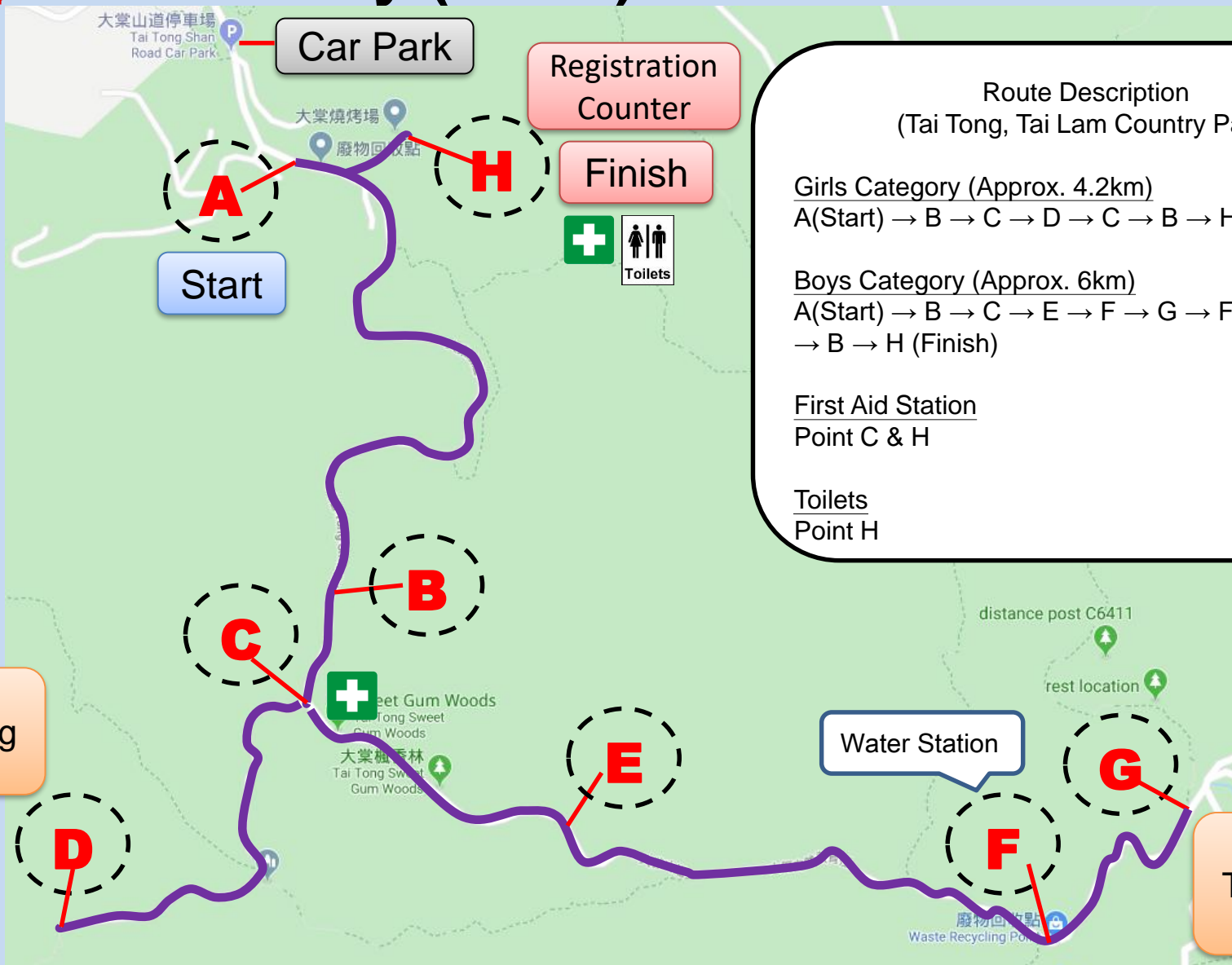
Girls	
09:30-10:00	Reporting Time
10:00	Briefing of Girls' Category
10:30	Starting Time

Boys	
10:00-10:30	Reporting Time
10:30	Briefing of Boys' Category
11:00	Starting Time

Prize Presentation
12:00



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Route Description (Tai Tong, Tai Lam Country Park)

Girls Category (Approx. 4.2km)

A(Start) → B → C → D → C → B → H (Finish)

Boys Category (Approx. 6km)

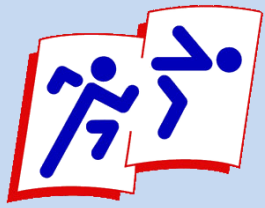
A(Start) → B → C → E → F → G → F → E → C → B → H (Finish)

First Aid Station

Point C & H

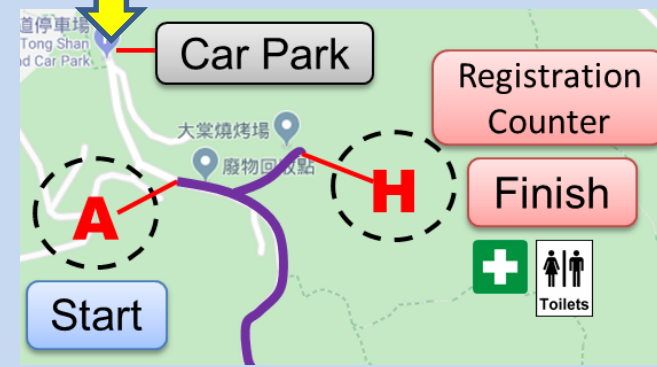
Toilets

Point H



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- Car Park (Drop off area)

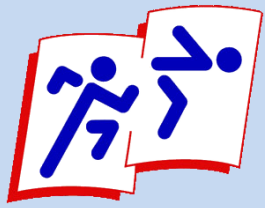




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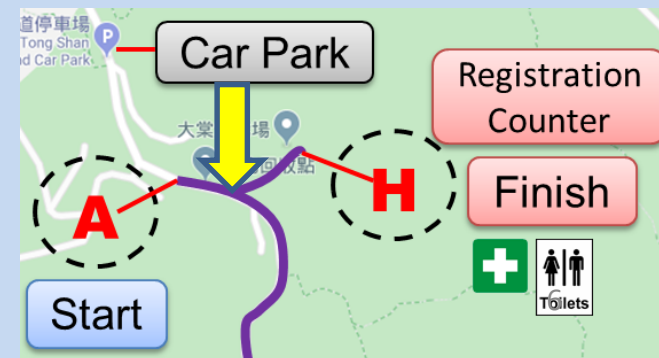
Take a walk to the Registration Counter

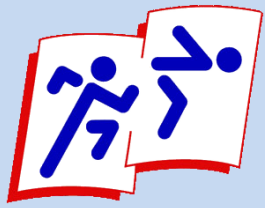




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Take a walk to the Registration Counter





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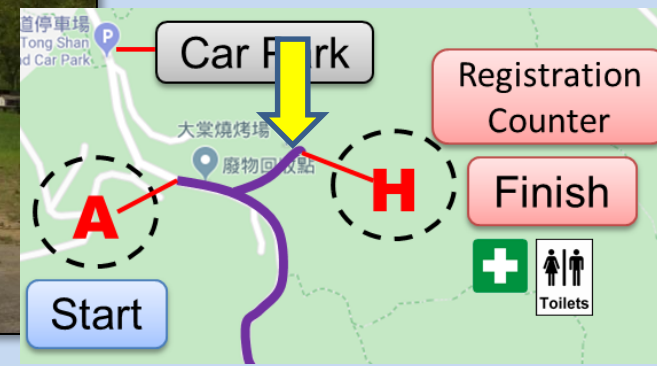
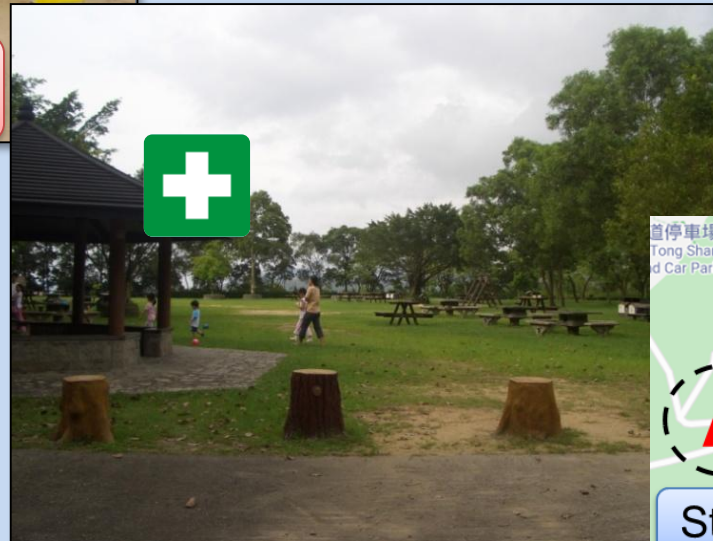
- Registration Counter

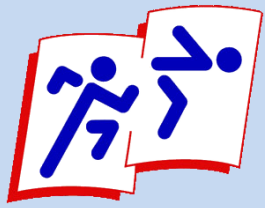


Registration Counter



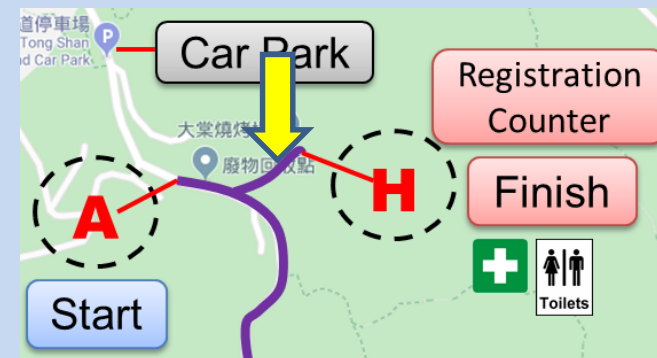
Roll-call & Briefing

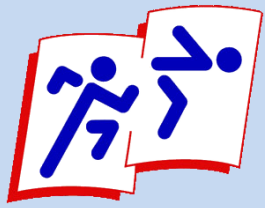




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- Toilet & First Aid



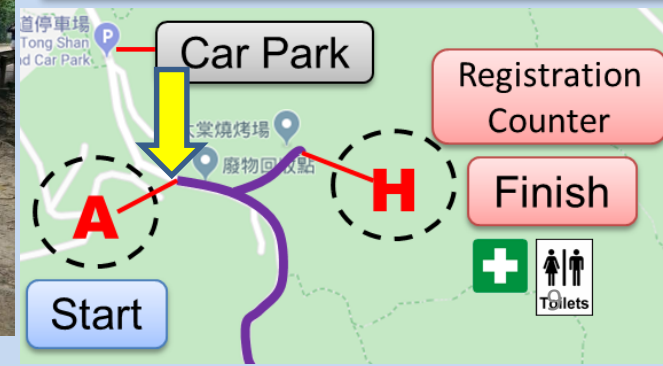


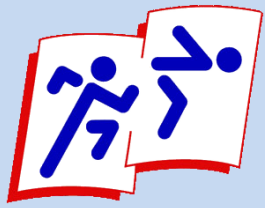
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- Point A (Start)



Zone 1 to 8



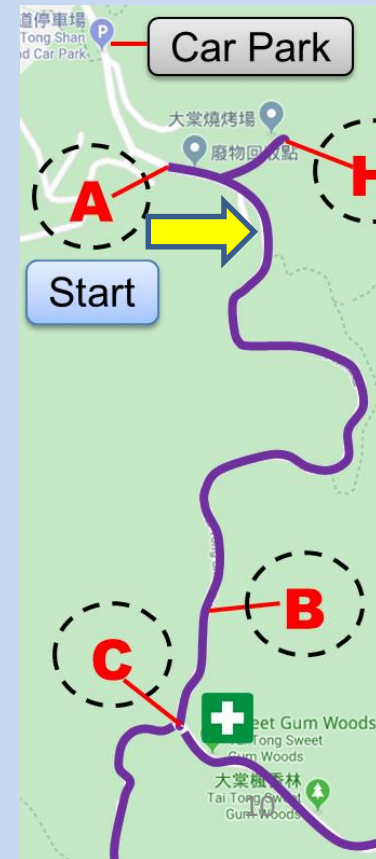


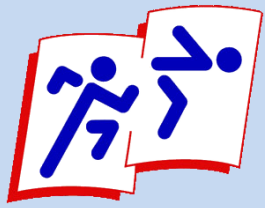
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- Point A (Start) to Point B



Always keep left





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- Point B



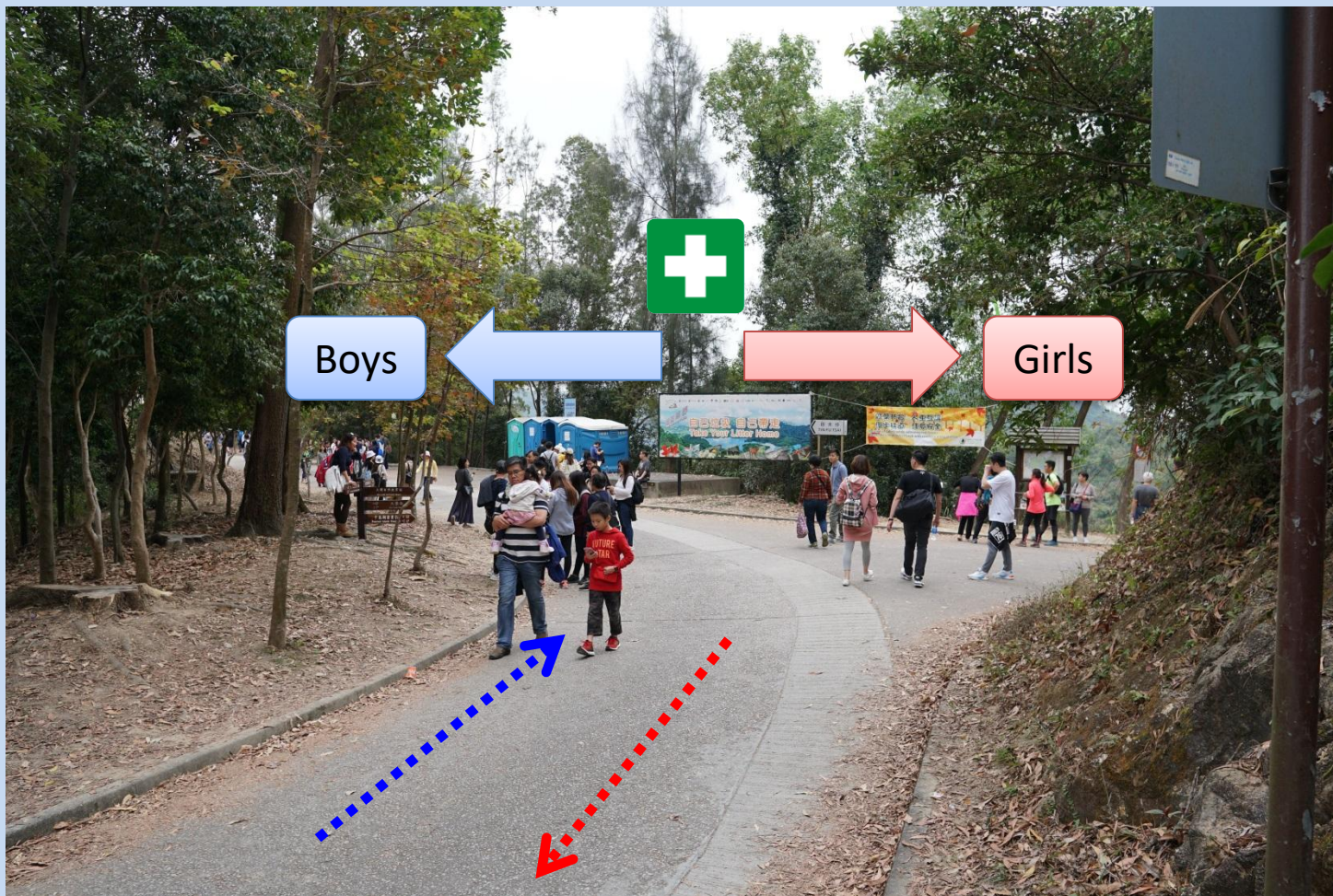
Always keep left





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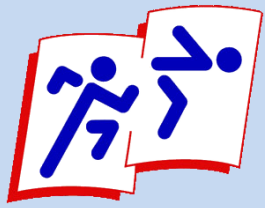
- Point C



At Point C
Girls turn RIGHT

Boys turn LEFT



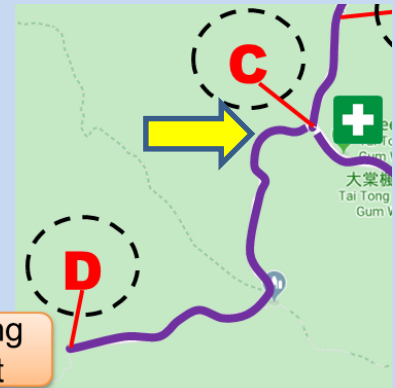


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- Point C to Point D (Girls)



Always keep left



Turning Point

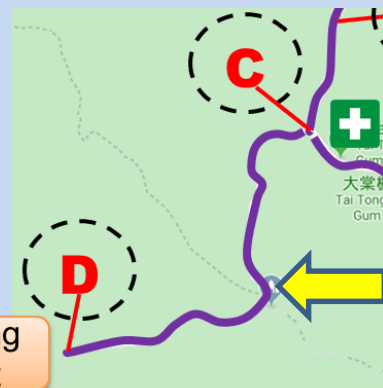


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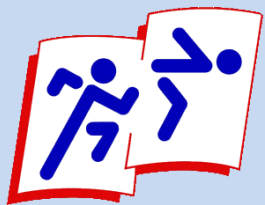
- Point C to Point D (Girls)



Always keep left

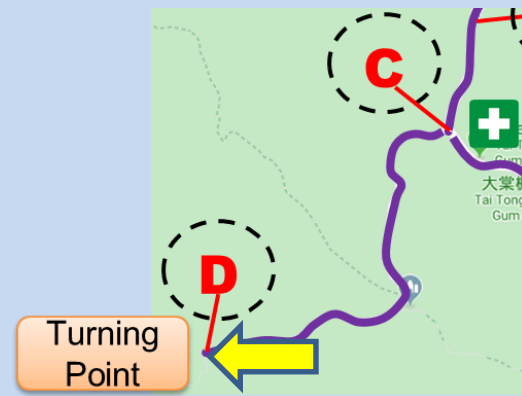
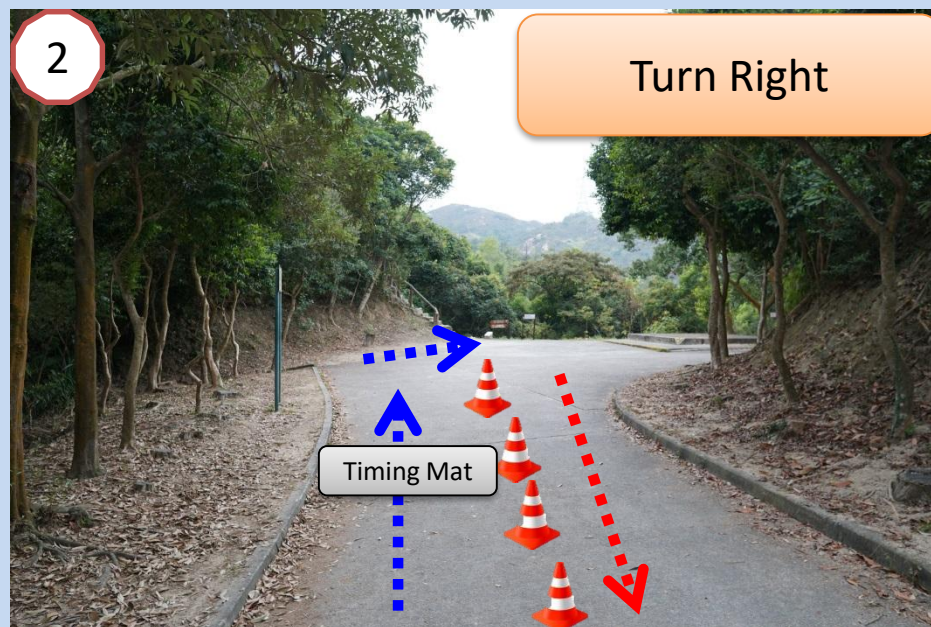


Turning Point



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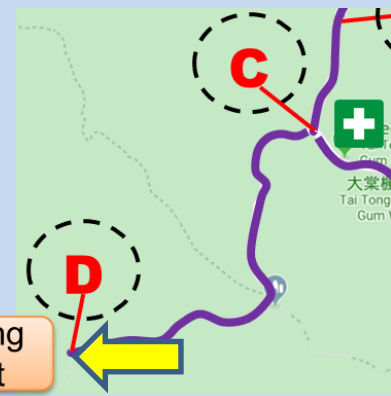
- Point D (Girls)





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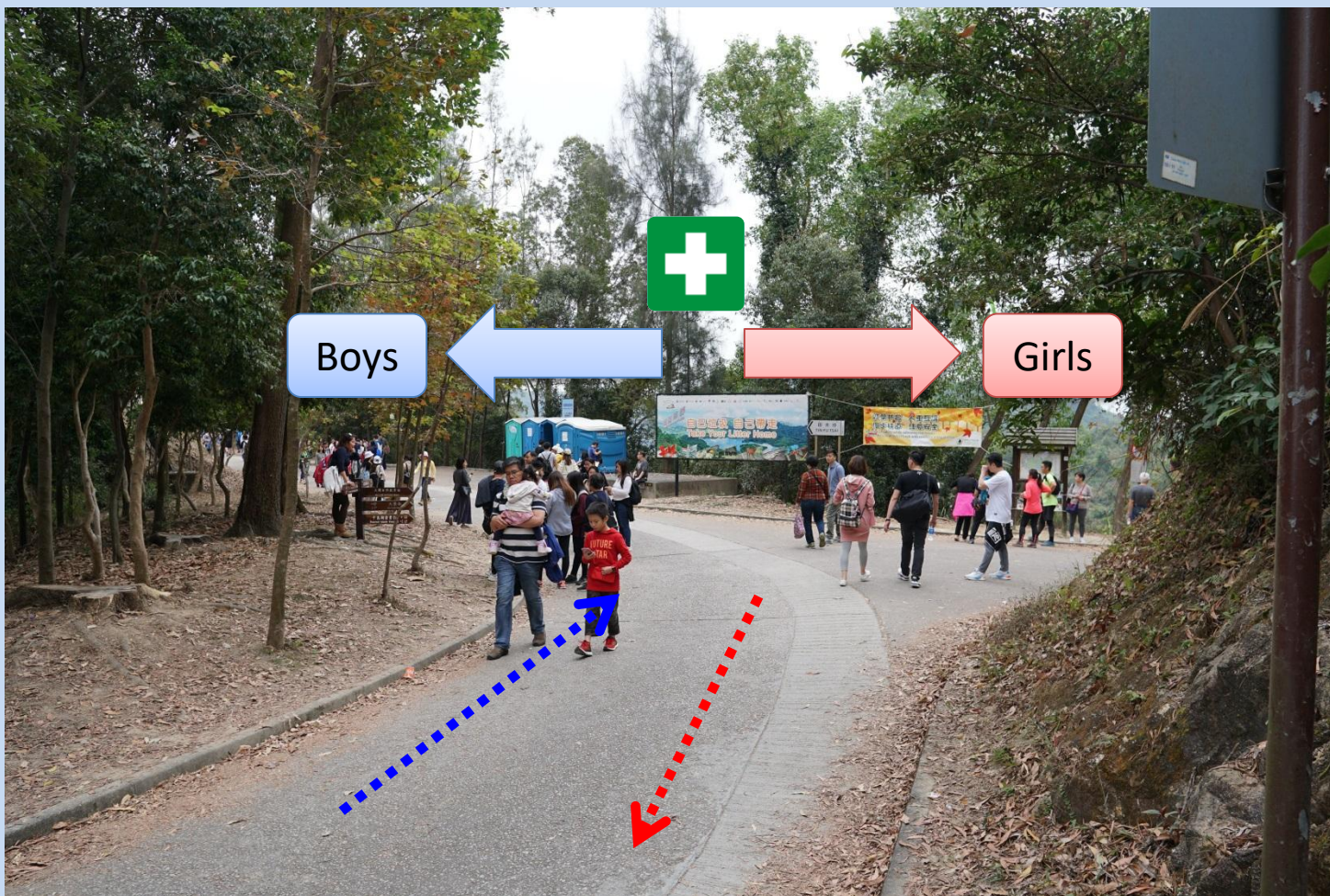
- Point D (Girls)





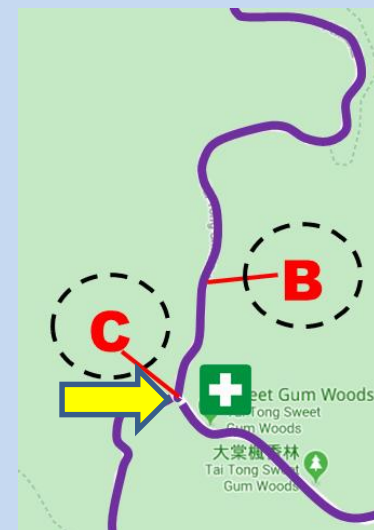
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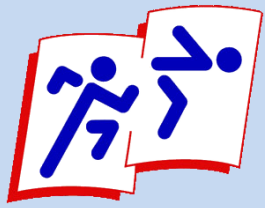
- Point C



At Point C
Girls turn RIGHT

Boys turn LEFT



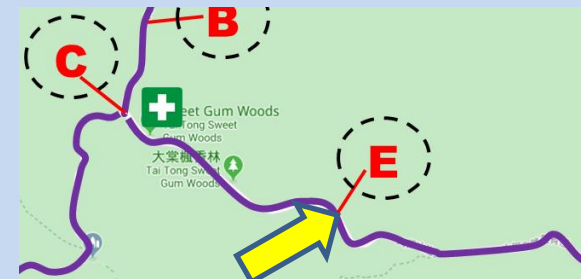


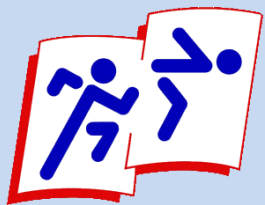
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- Point E (Boys)



Always keep left





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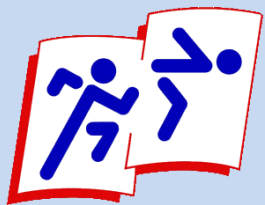
- Point F (Boys)



Water Station

Always keep left





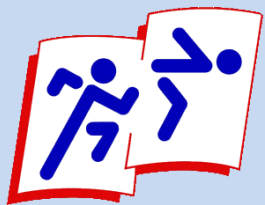
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- Point G (Boys)



Turn Right





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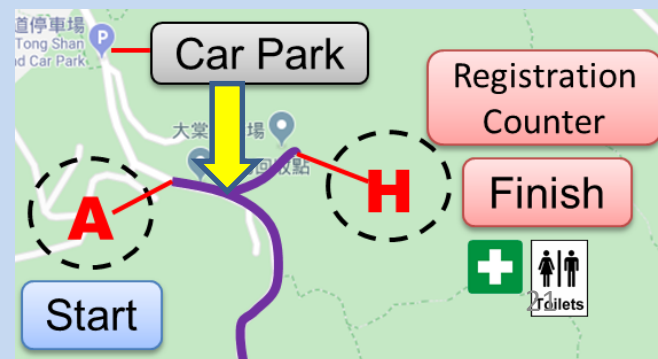
- Point B to Point H

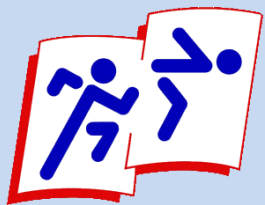
Watch Out!

1



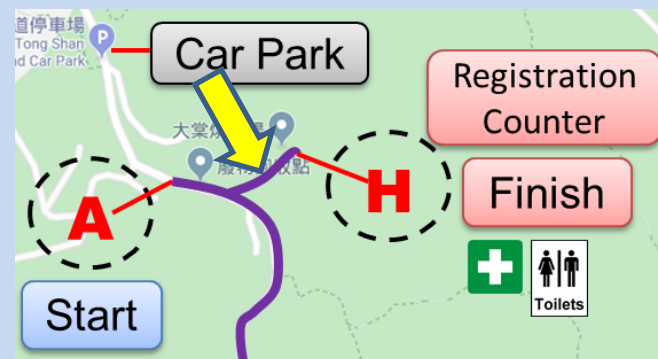
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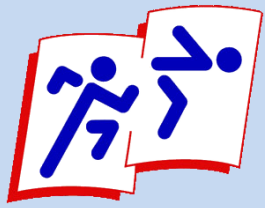




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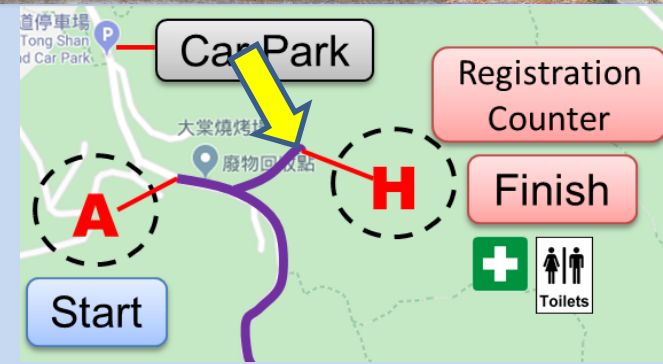
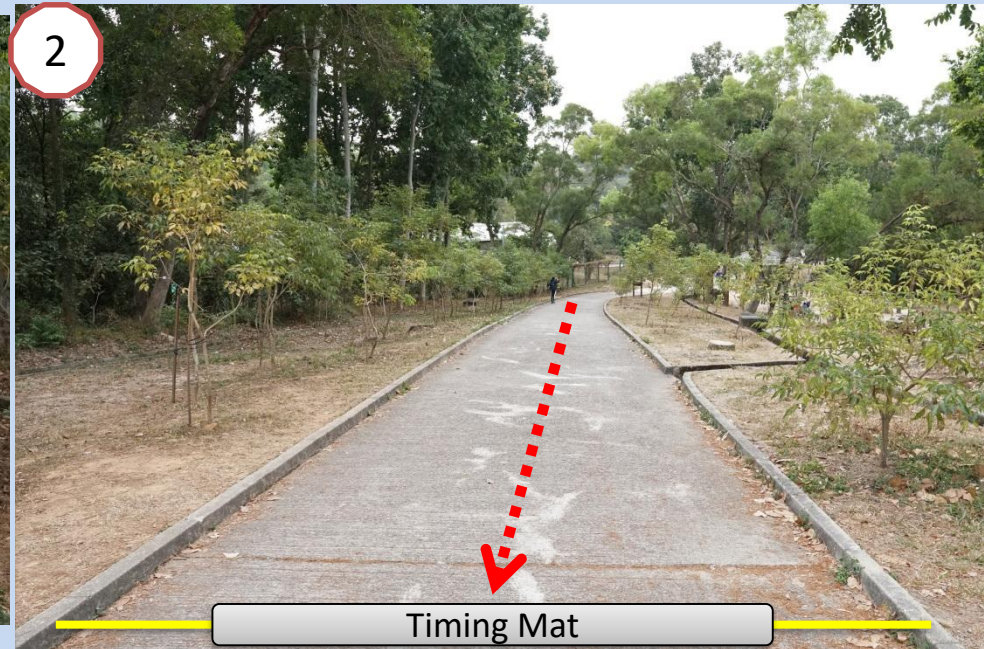
- Point B to Point H





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- Point H (Finish)





All Hong Kong Schools Jing Ying Cross Country (Team) Tournament 2024-2025

~ END ~