

2nd Asian School Cross Country Championship Selection Trial

Date: 10 May 2014 (Fallback : 17 May 2014)

Time: 0845 - 1200

Venue: Main Dam, Shing Mun Reservoir

2nd Asian School Cross Country Championship Selection Trial

Schedule

08:45am - Registration of Participating Schools

09:15am - Briefing of **U18 Boys' Category** and Collection of HKSSF Student Registration Card

09:30am - Start of **U18 Boys' Category**

10:00am - Briefing of **U16 Boys' Category** and Collection of HKSSF Student Registration Card

10:15am - Start of **U16 Boys' Category**

10:45am - Briefing of **U18 Girls' Category** and Collection of HKSSF Student Registration Card

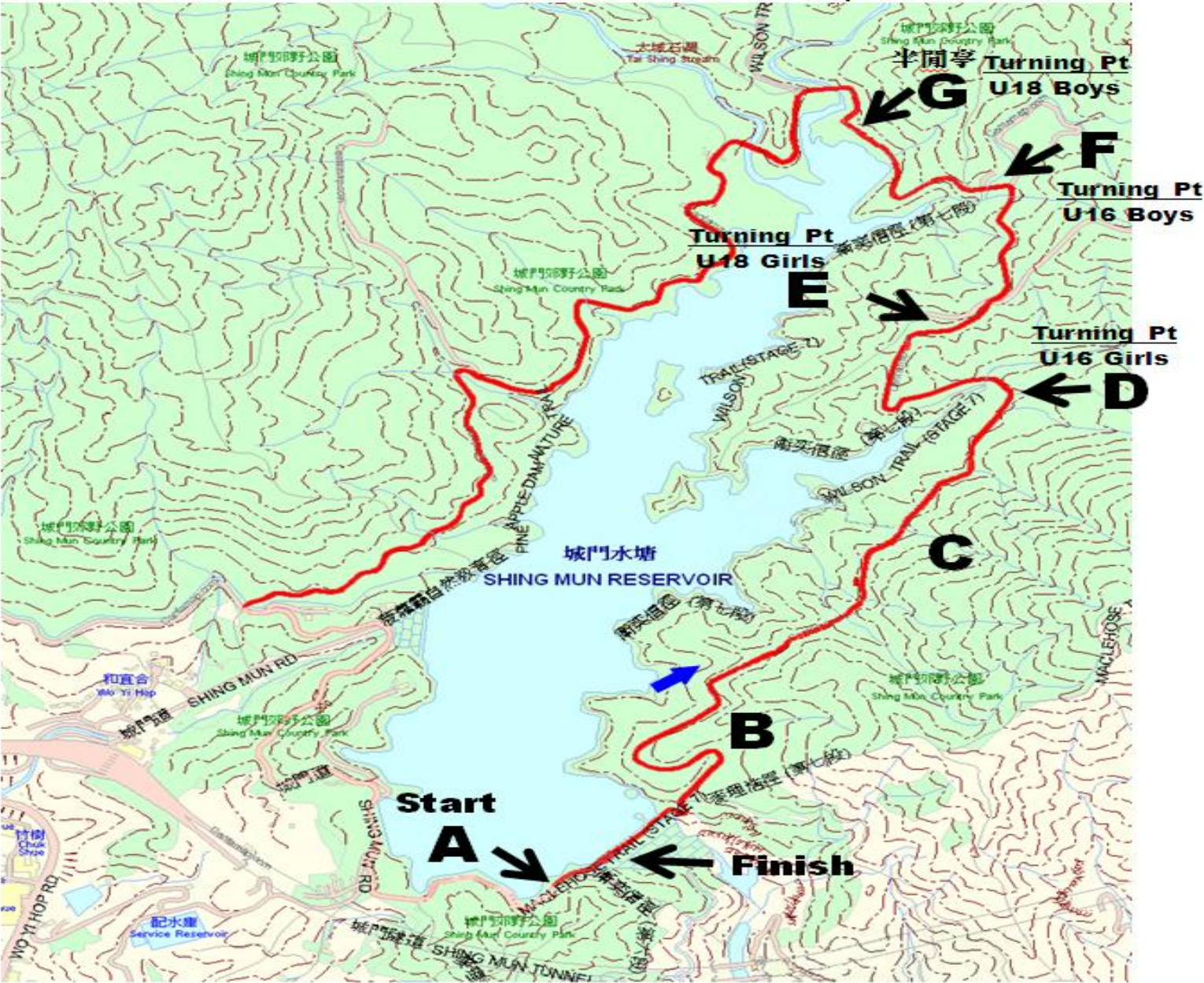
11:00am - Start of **U18 Girls' Category**

11:15am - Briefing of **U16 Girls' Category** and Collection of HKSSF Student Registration Card

11:30am - Start of **U16 Girls' Category**

12:00nn – Team Briefing for Top 6 Athletes in each category. (near Registration Counter)

Route



Route (Continued)

U18 Boys Route (approx. 7km)

A > B > C > D > E > F > G > F > E > D > C > B > Finish

U16 Boys Route (approx. 6km)

A > B > C > D > E > F > E > D > C > B > Finish

U18 Girls Route (approx. 5km)

A > B > C > D > E > D > C > B > Finish

U16 Girls Route (approx. 4km)

A > B > C > D > C > B > Finish

Finish Point (Registration Counter)



Finish Point (Registration Counter)



Finish Line



Portable toilet x 2



Registration Counter

Roll-call & Briefing

Point A (Start)



Point A (Start)



Point B



Point B



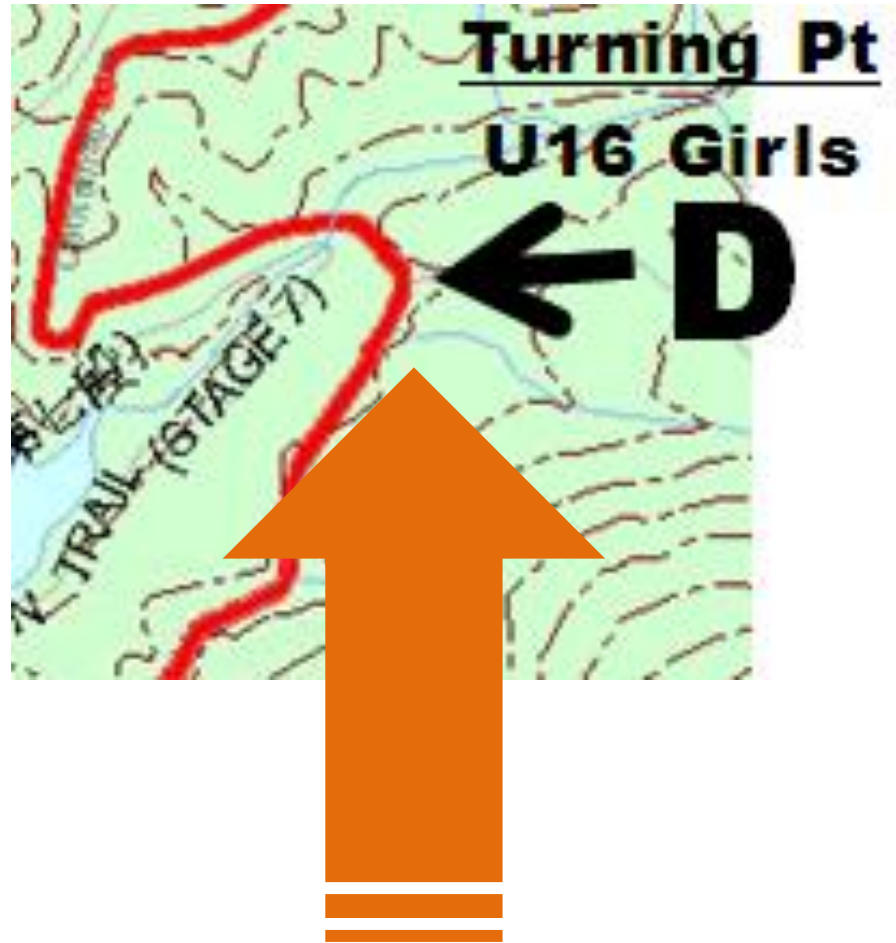
Point C



Point C



Point D (Turning Point of U16 Girls)



Point D (Turning Point of U16 Girls)



Point E (Turning Point of U18 Girls)



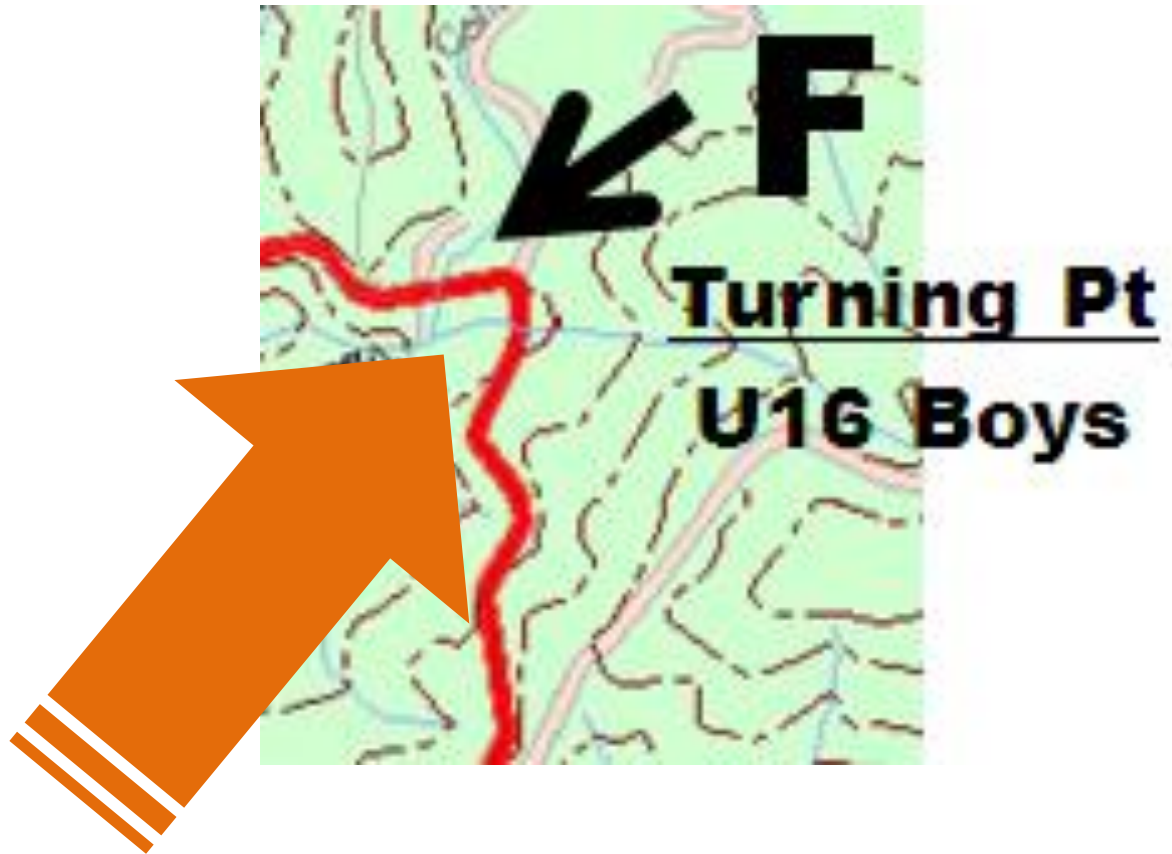
Point E (Turning Point of U18 Girls)



Portable toilet



Point F (Turning Point of U16 Boys)



Point F (Turning Point of U16 Boys)



Point G (Turning Point of U18 Boys)



Point G (Turning Point of U18 Boys)

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2nd Asian School Cross Country Championship Selection Trial

Reminder



1. Get the Turning Card at the Turning Point
2. Get the Position Card when you are finish
3. NO competitor is allowed to received assistance or refreshment from any person during the progress of the races
4. Keep the venue clean and tidy
5. Take away all garbage

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Reminder (Continued)

- Top 6 positions of each category will be selected to the 1st Stage of the Pre-Competition Training ;
- **Team Briefing** section will be held after the U16 Girls Category Race.