

# Nottinghamshire Schools Athletic Association

## School's Cross - Country League Winter 2009.

We invite all schools within the county to send teams or individuals to the cross country league meetings to be held during the autumn term. We hope that as many schools or individuals who are interested will come along to these meetings. Medals are awarded to the winning Individuals and Teams. Schools or individuals must compete in all three meetings in order to qualify for the awards.

Make a note in your school sports diary of the following

**Saturday 26<sup>th</sup> September**

**Saturday 7<sup>th</sup> November**

**Saturday 12<sup>th</sup> December**

All meetings will be at Berry Hill Park with a start time of the first race at 10.00am.

Age groups for both boys and girls will be

Years 5/6

Year 7

Years 8/9

Years 10 /11

The cost will be £16.00 per school for the 3 meetings with a maximum of 8 athletes' per team per age group, and £1 per meeting for any individual.

Please bring payment for your Team / Individuals to the first meeting.

Cheques to be made payable to Nottinghamshire Schools AAA.

Further to this Nottinghamshire AAA will be staging an under 11 championship for boys and girls incorporated in their county cross country championships, more details later.

Many thanks

*John Knight*

County Secretary j.knight70@ntlworld.com

# **Nottinghamshire County Cross - Country League 2009**

## **All on Berry - Hill Park**

### **Order of Races**

<b>Time</b>	<b>Age Group</b>	<b>Approx Distance</b>
<b>10.00 am</b>	<b>Years 8/9 boys &amp; 10/11 Girls</b>	<b>4000m</b>
<b>10.20 am</b>	<b>Years 5 &amp; 6 Girls</b>	<b>1500m</b>
<b>10.40 am</b>	<b>Year 7 Boys &amp; 8/9 Girls</b>	<b>3000m</b>
<b>11.00 am</b>	<b>Years 5/6 Boys</b>	<b>1500m</b>
<b>11.20 am</b>	<b>Year 10 / 11 Boys</b>	<b>5000m</b>
<b>11.25 am</b>	<b>Year 7 Girls</b>	<b>2500m</b>

**\* Distances and times are approximate and may be subject to change.**