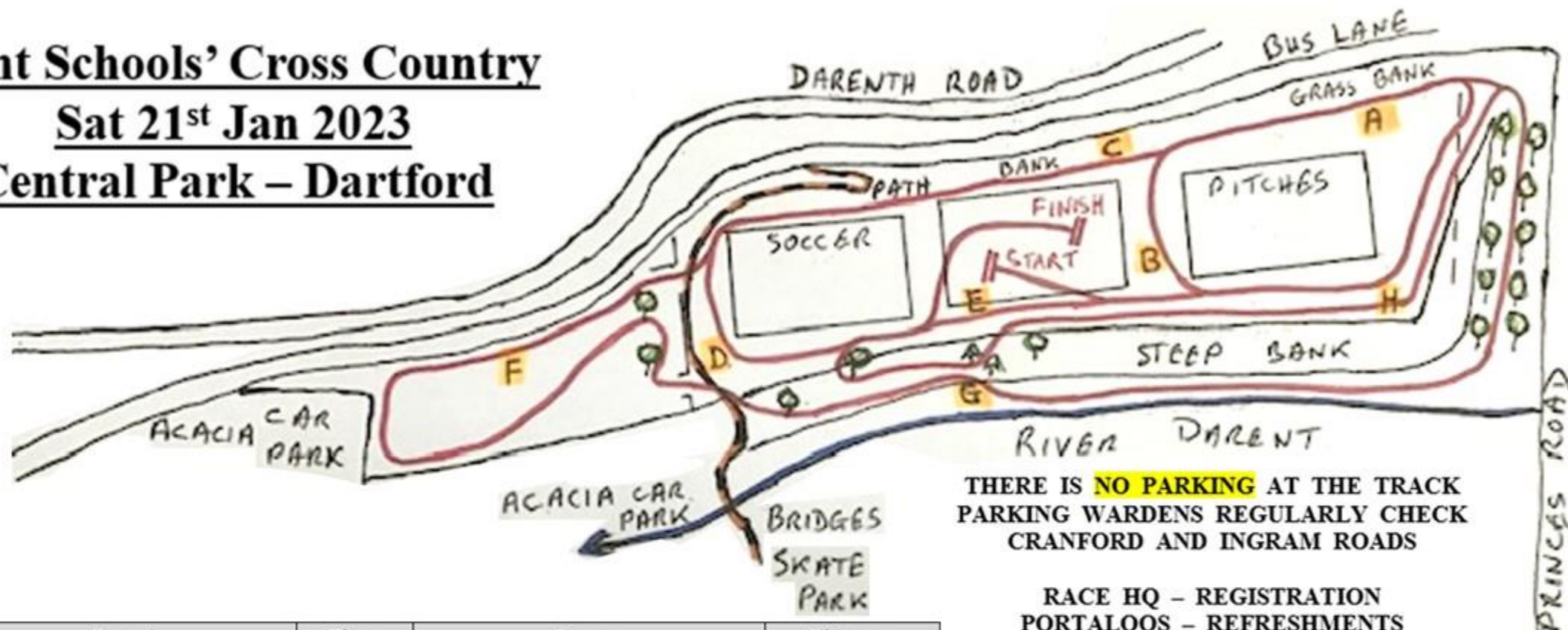


Kent Schools' Cross Country

Sat 21st Jan 2023

Central Park – Dartford



THERE IS **NO PARKING** AT THE TRACK
PARKING WARDENS REGULARLY CHECK
CRANFORD AND INGRAM ROADS

RACE HQ – REGISTRATION
PORTALOOS – REFRESHMENTS
AT THE TRACK

Event	Time	Course	Distance
Year 7 Girls	11:30	ACDE ACFGH	2650m
Year 7 Boys	11:50	AB ACDE ACFGH	3050m
Intermediate/Senior Girls (Yr10+)	12:10	AB ACDE ACFG ACFGH	4200m
Senior Boys (Y12/13)	12:35	ACFGHE x 3 ACFGH	7350m
Intermediate Boys (Yr10/11)	13:10	ACDE ACFGHE x 2 ACFGH	6250m
Junior Girls (Yr8/9)	13:40	AB ACDE ACFGH	3050m
Junior Boys (Yr8/9)	14:05	AB ACDE ACFG ACFGH	4200m

The course is almost totally on grass. The steep slope can be slippery, so will be best suited to spikes/studs.
A surfaced path is crossed twice on each main lap. The steep path, leading from the river through an avenue of trees up to the sports fields, has a lot of tree roots which will be sprayed to highlight them. It is used weekly by a Park Run.

It may be necessary to alter courses should there be heavy rainfall, to avoid damage to Sports Fields/Pitches.