

# Chan Sui Ki (La Salle) College

## Inter-class Cross Country Competition 2018-2019

**Dates:** C Grade: 9<sup>th</sup> October 2018 (Tuesday)  
B & A Grades: 12<sup>th</sup> October 2018 (Friday)

**Time:** After school

**Venue:** CSK Playground

**Age Categories:** C Grade – Born in 2005 or *after*  
B Grade – Born in 2003 or 2004  
A Grade – Born in 2002 or *before*

*All students must take part in their own categories!*



**Deadline:** Entry forms and all the parent's reply slips of competitors must be handed in to Mr. T. S. Wong before 1:00 p.m., 4<sup>th</sup> October 2018 (Thursday)

*No entries will be accepted on the race day!*

**Race Course:** CSK ▷ Run uphill to the football field at Red Light Hill ▷ Run outside the football field for one lap in anticlockwise direction ▷ Run downhill (same path) and then turn right and uphill into the tennis court ▷ Run along the stairs leading down to the basketball court and then to Kau Pui Lung Road ▷ Run along Kau Pui Lung Road and then Sheung Shing Street ▷ CSK

**Scoring:** [Team](#)

Each class may have a team of not fewer than 4 runners for each age category. The team with the smallest **Total** for their best 4 runners' positions added together should win the race. When there is a tie, the team with the faster 4<sup>th</sup> scorer should be awarded a higher position.

[Individual](#)

All competitors taking part in the race will be entered in the individual competition for their age categories automatically. There is no need for making the entries separately. Students who are interested to take part in the race may put their names on the entry forms even if their classes have not enough runners to form a team for the competition.

**Awards:** [Team](#)

The first **three** classes in each age category will be awarded.

[Individual](#)

The first **six** runners in each age category will be awarded.

**Enquiries:** *Mr. T. S. Wong* in the *P.E. Office*