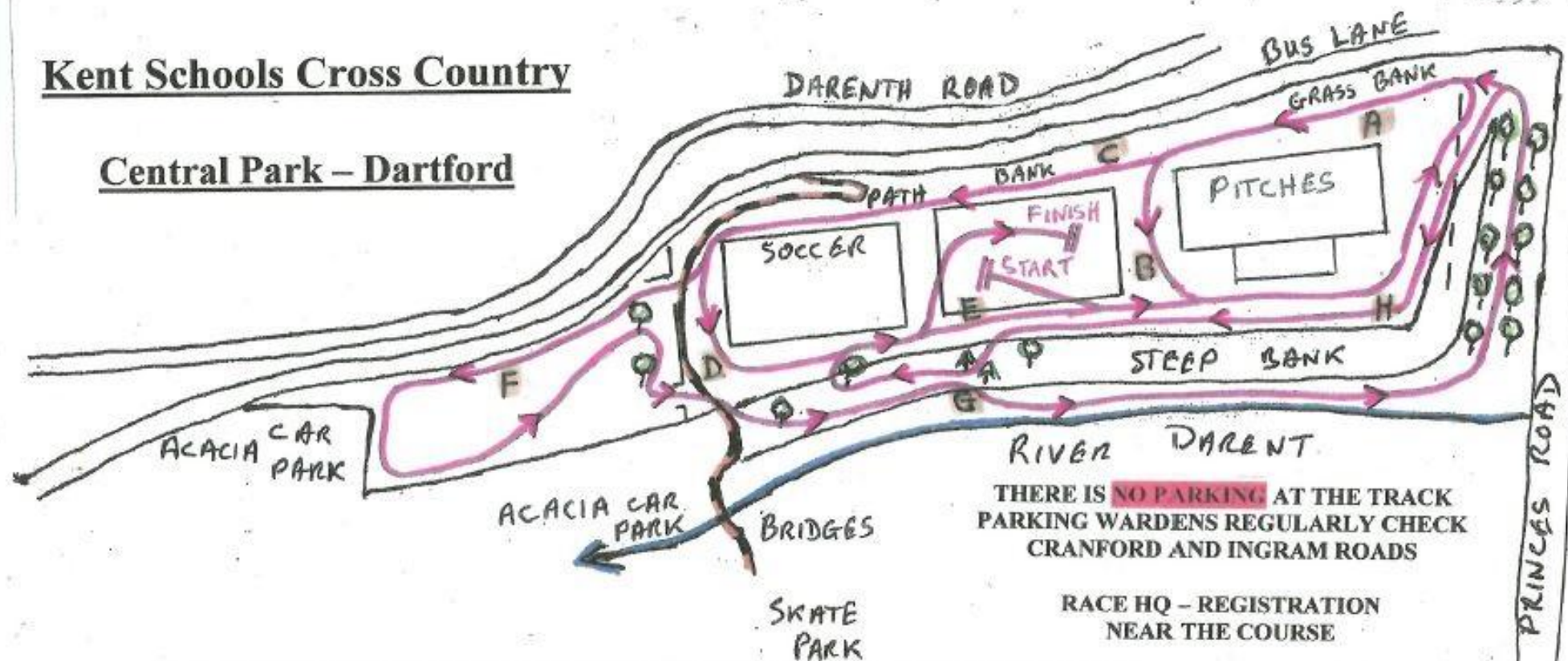


Kent Schools Cross Country

Central Park – Dartford



Event	Time	Course	Distance
Year 7 Girls	11.30	ACDE ACFGH	2600m
Year 7 Boys	11.50	ACDE ACFGH	2600m
Inter/Sen. Girls (Yr10+)	12.10	AB ACDE ACFG ACFGH	4000m
Sen. Boys (Yr12/13)	12.35	ACDE ACFGHE x 2 ACFGH	6100m
Inter Boys (Yr10/11)	13.10	AB ACFG ACFGHE ACFGH	5050m
Jun. Girls (Yr8/9)	13.40	AB ACFG ACFGH	3300m
Jun. Boys (Yr8/9)	14.05	AB ACFG ACFGH	3300m

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 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.