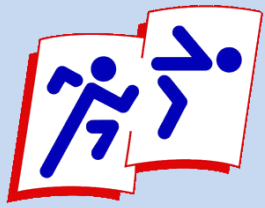


All Hong Kong Schools Jing Ying Cross Country (Team) Tournament 2023-2024

Date: 23 January 2023 (Tuesday)

Time: 09:30 – 12:30

Venue: Tai Lam Country Park, Tai Tong



All Hong Kong Schools Jing Ying Cross Country (Team) Tournament 2023-2024

Competition Schedule

Girls	
09:30-10:00	Reporting Time
10:00	Briefing of Girls' Category
10:30	Starting Time

Boys	
10:00-10:30	Reporting Time
10:30	Briefing of Boys' Category
11:00	Starting Time

Prize Presentation
12:00



All Hong Kong Schools Jing Ying Cross Country (Team) Tournament 2023-2024



Route Description
(Tai Tong, Tai Lam Country Park)

Girls Category (Approx. 4.2km)
A(Start) → B → C → D → C → B → H (Finish)

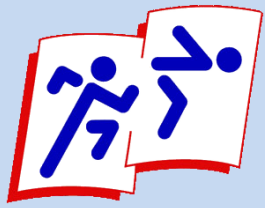
Boys Category (Approx. 6km)
A(Start) → B → C → E → F → G → F → E → C → B → H (Finish)

First Aid Station
Point C & H

Toilets
Point H

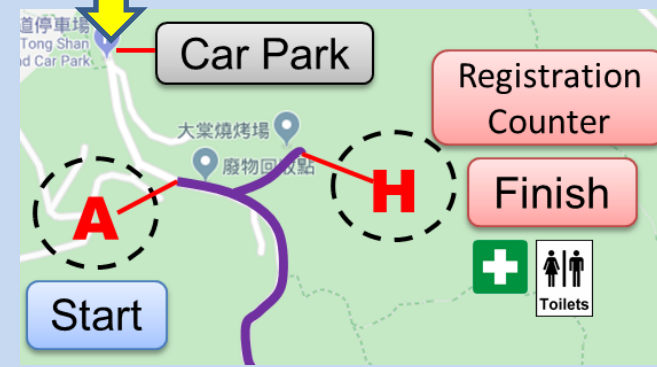
Girls Turning Point

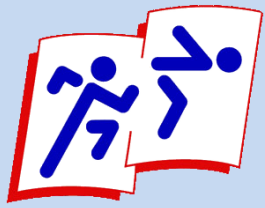
Boys Turning Point



All Hong Kong Schools Jing Ying Cross Country (Team) Tournament 2023-2024

- Car Park (Drop off area)

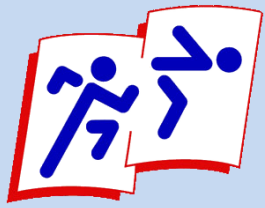




All Hong Kong Schools Jing Ying Cross Country (Team) Tournament 2023-2024

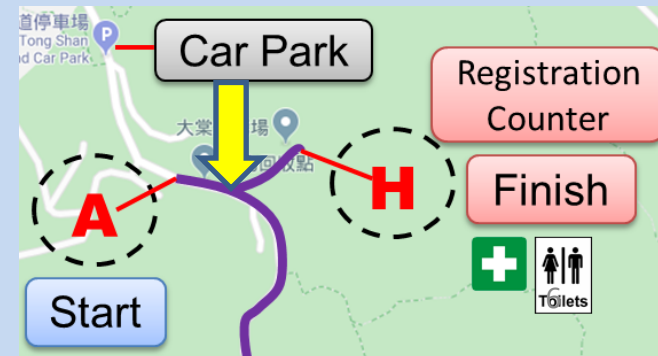
Take a walk to the Registration Counter

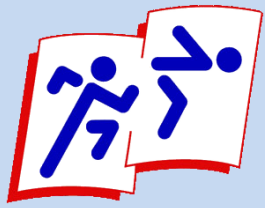




All Hong Kong Schools Jing Ying Cross Country (Team) Tournament 2023-2024

Take a walk to the Registration Counter





All Hong Kong Schools Jing Ying Cross Country (Team) Tournament 2023-2024

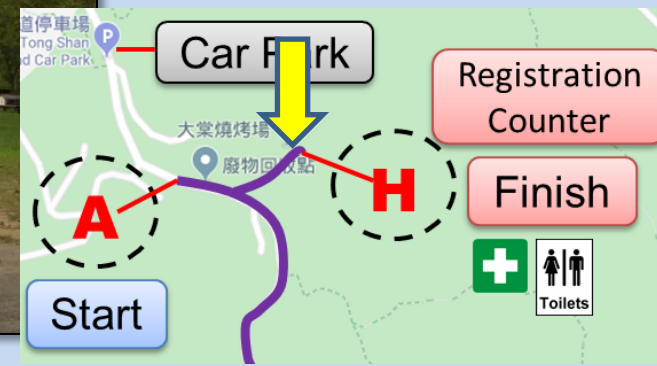
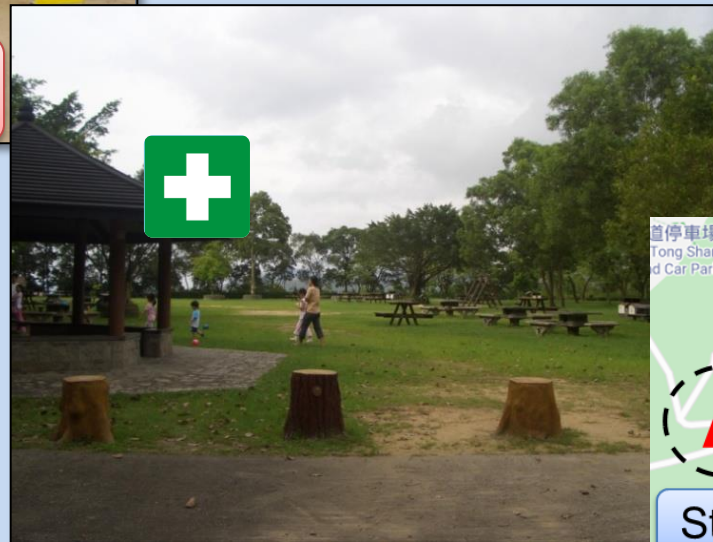
- Registration Counter



Registration Counter



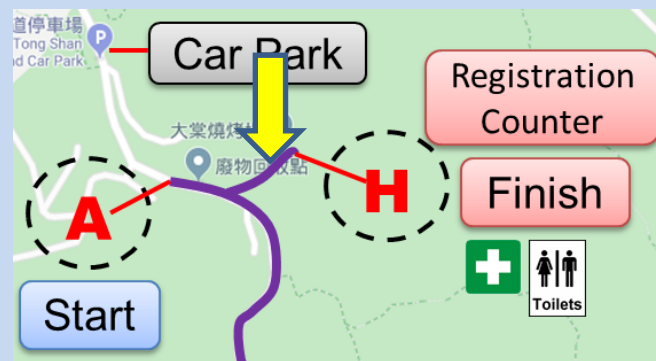
Roll-call & Briefing

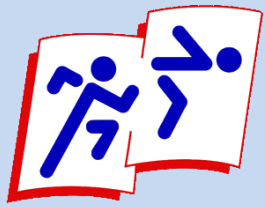




All Hong Kong Schools Jing Ying Cross Country (Team) Tournament 2023-2024

- Toilet & First Aid





All Hong Kong Schools Jing Ying Cross Country (Team) Tournament 2023-2024

- Point A (Start)



Zone 1 to 8



Timing Mat



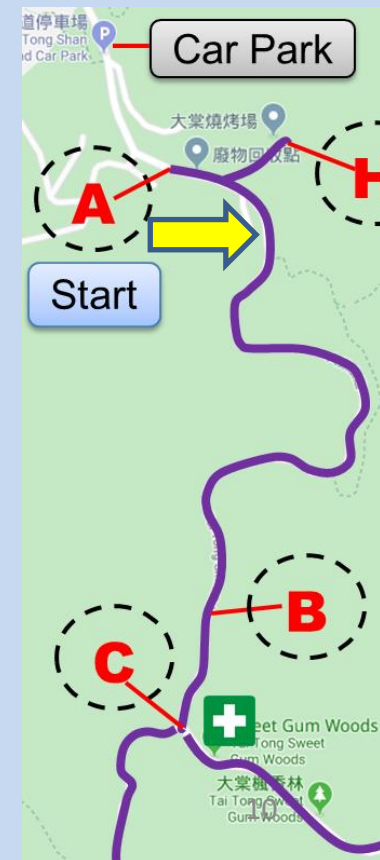


All Hong Kong Schools Jing Ying Cross Country (Team) Tournament 2023-2024

- Point A (Start) to Point B



Always keep left



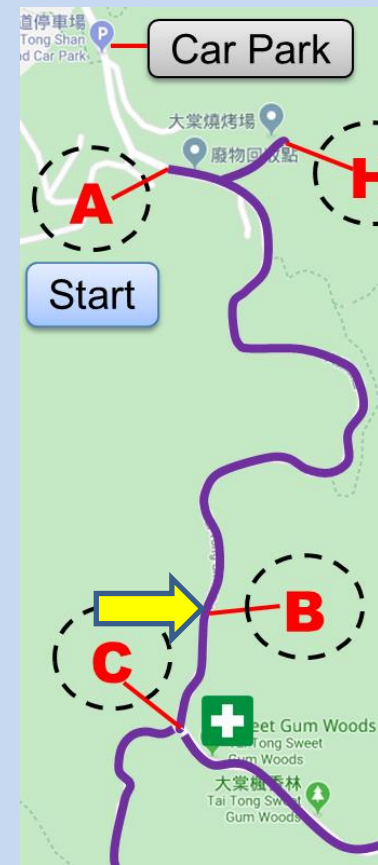


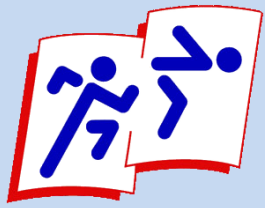
All Hong Kong Schools Jing Ying Cross Country (Team) Tournament 2023-2024

- Point B



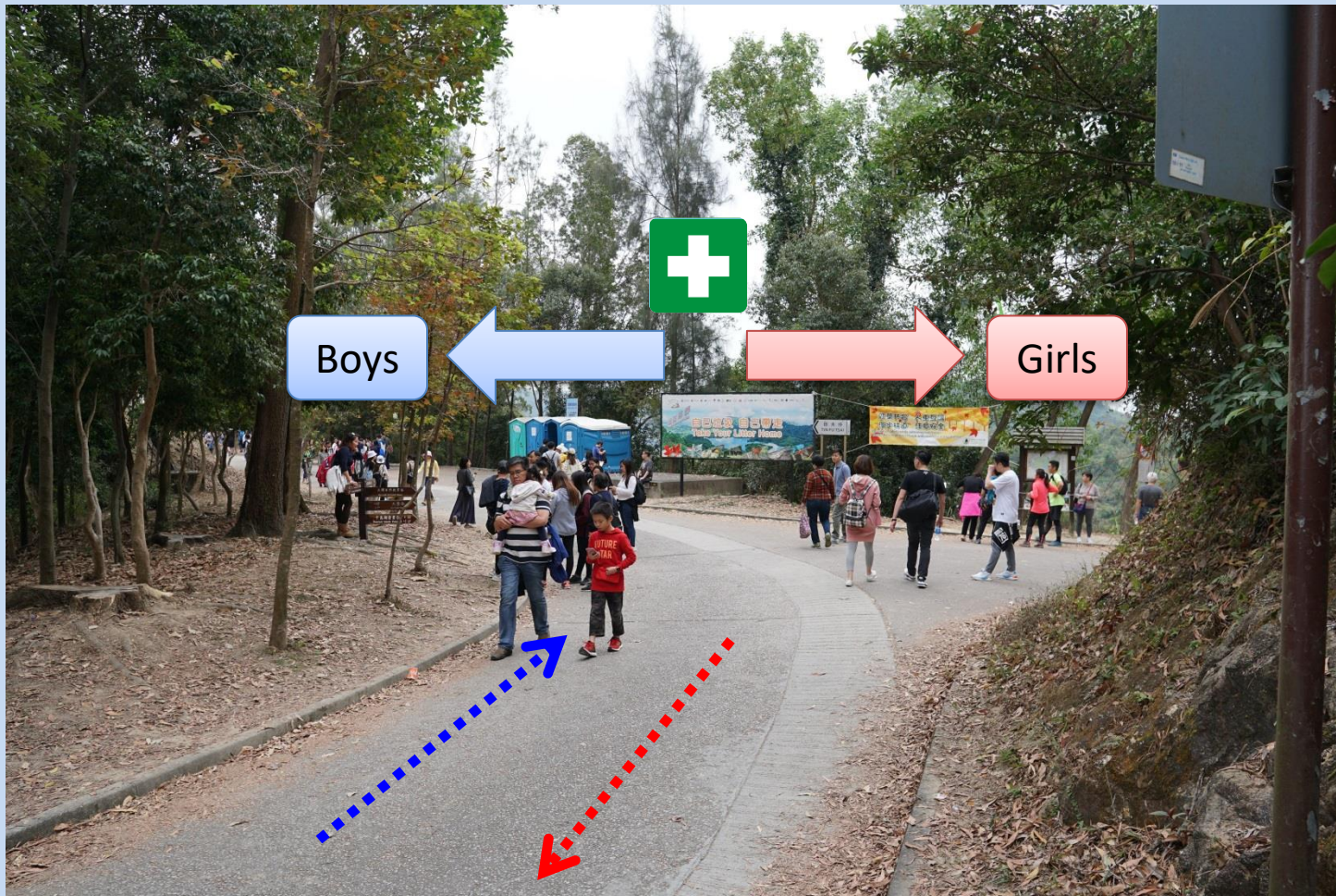
Always keep left



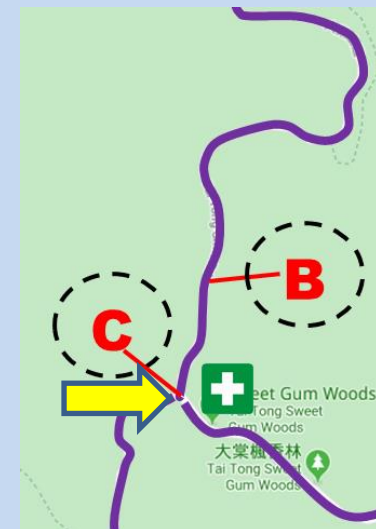


All Hong Kong Schools Jing Ying Cross Country (Team) Tournament 2023-2024

- Point C



At Point C
Girls turn RIGHT
Boys turn LEFT



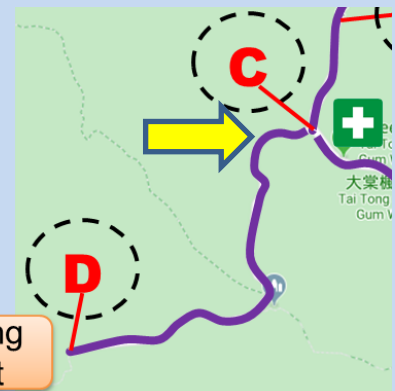


All Hong Kong Schools Jing Ying Cross Country (Team) Tournament 2023-2024

- Point C to Point D (Girls)



Always keep left



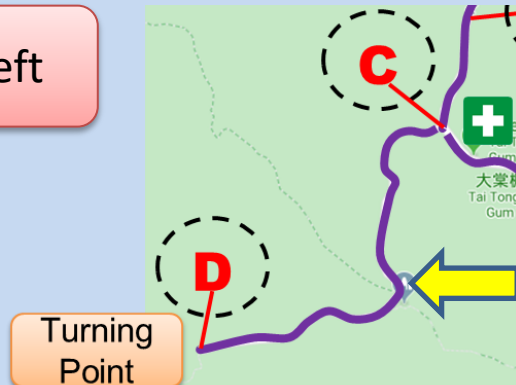


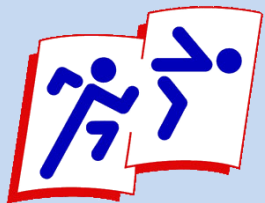
All Hong Kong Schools Jing Ying Cross Country (Team) Tournament 2023-2024

- Point C to Point D (Girls)



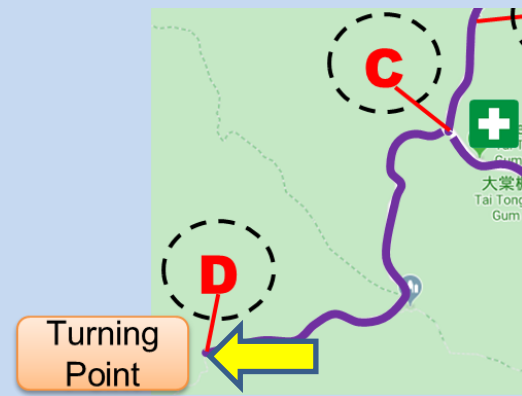
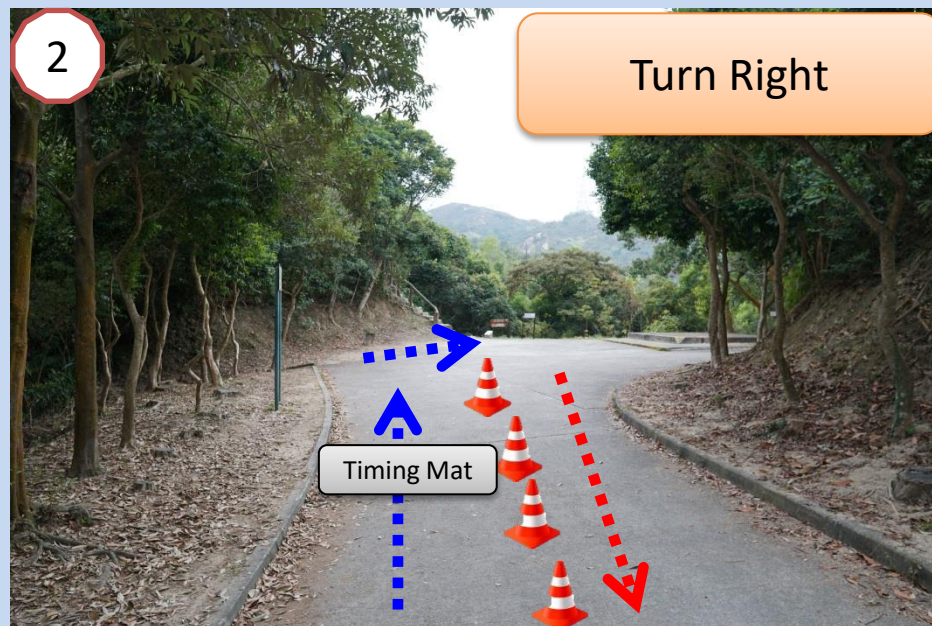
Always keep left





All Hong Kong Schools Jing Ying Cross Country (Team) Tournament 2023-2024

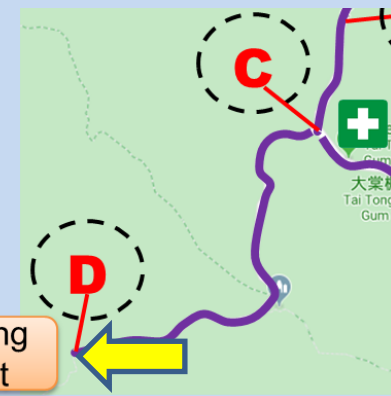
- Point D (Girls)

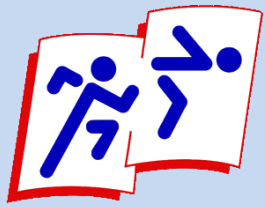




All Hong Kong Schools Jing Ying Cross Country (Team) Tournament 2023-2024

- Point D (Girls)

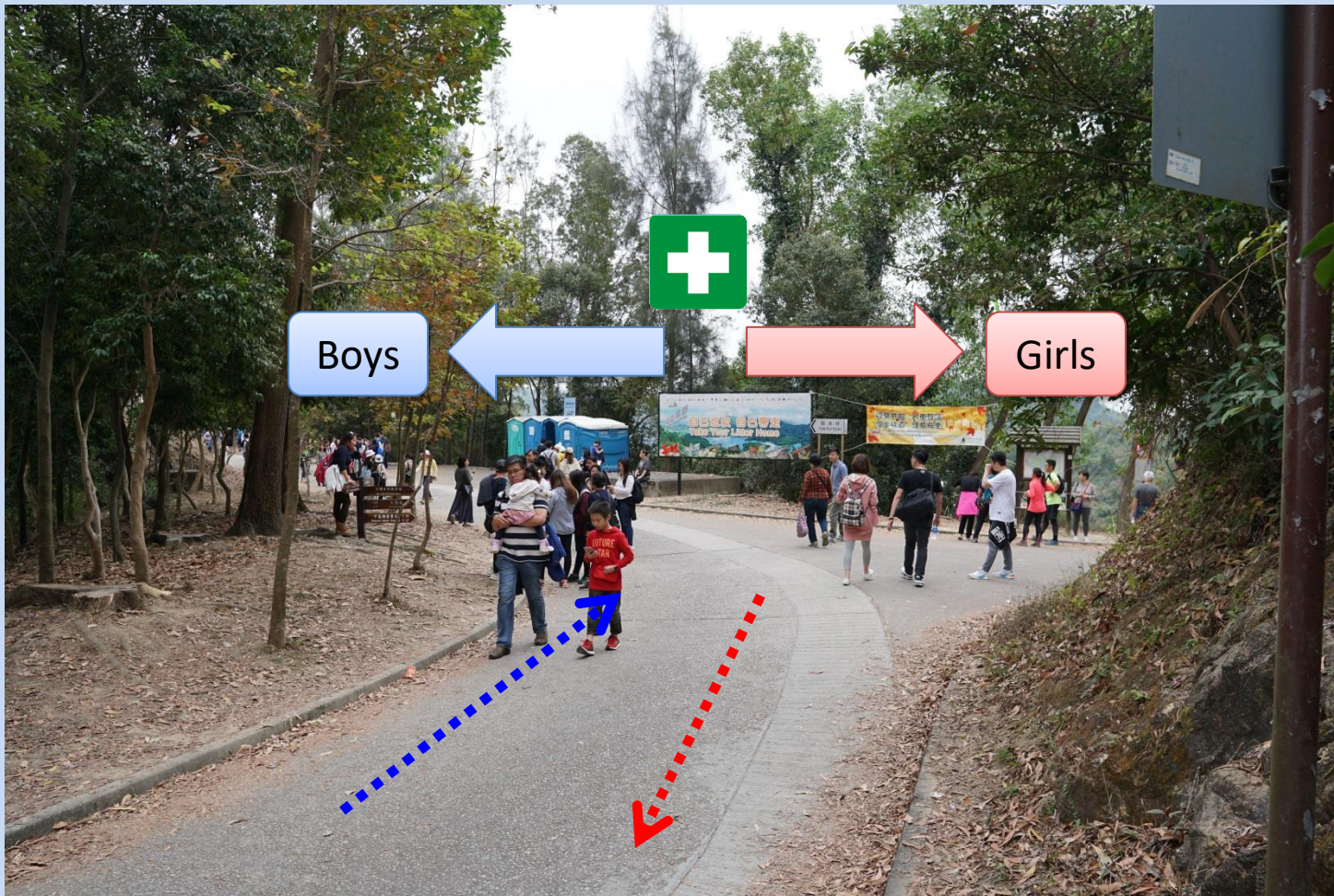


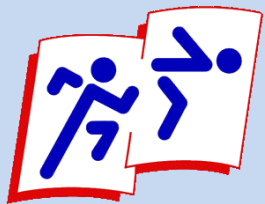


All Hong Kong Schools Jing Ying Cross Country (Team) Tournament 2023-2024

- Point C

At Point C
Girls turn RIGHT
Boys turn LEFT



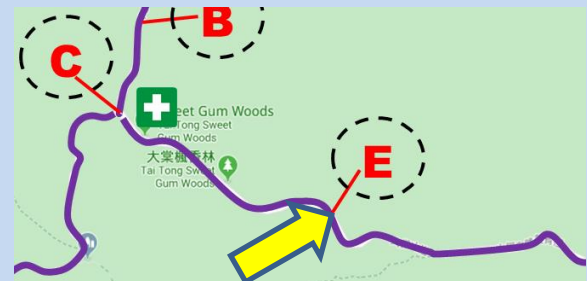


All Hong Kong Schools Jing Ying Cross Country (Team) Tournament 2023-2024

- Point E (Boys)



Always keep left





All Hong Kong Schools Jing Ying Cross Country (Team) Tournament 2023-2024

- Point F (Boys)

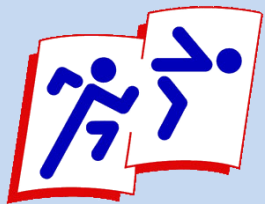


Water Station

Always keep left



Turning Point



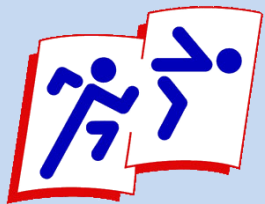
All Hong Kong Schools Jing Ying Cross Country (Team) Tournament 2023-2024

- Point G (Boys)



Turn Right





All Hong Kong Schools Jing Ying Cross Country (Team) Tournament 2023-2024

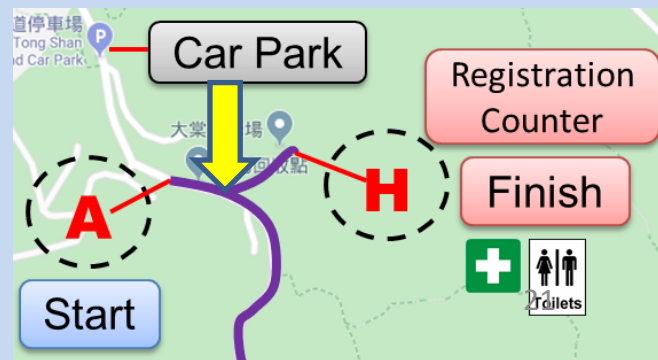
- Point B to Point H

Watch Out!

1



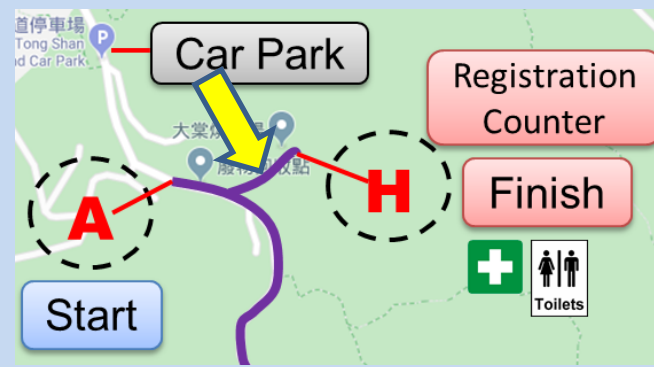
2

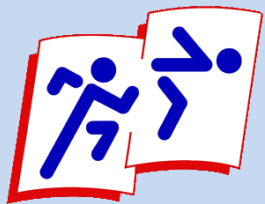




All Hong Kong Schools Jing Ying Cross Country (Team) Tournament 2023-2024

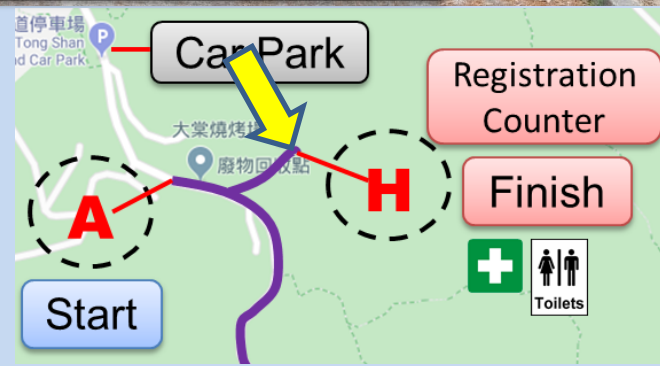
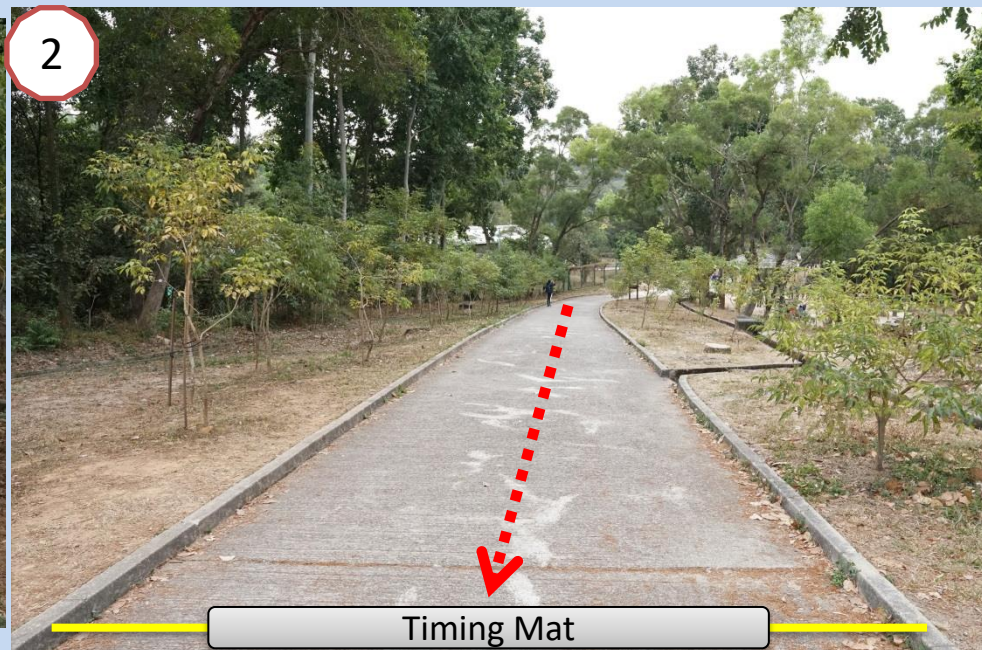
- Point B to Point H

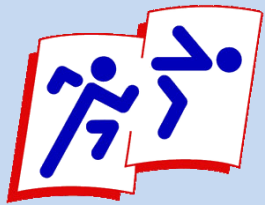




All Hong Kong Schools Jing Ying Cross Country (Team) Tournament 2023-2024

- Point H (Finish)





All Hong Kong Schools Jing Ying Cross Country (Team) Tournament 2023-2024

~ END ~