



## 2026 Liverpool Zone PSSA Cross Country Program

**All times are approximate and may change on the day.**

**9:30 am** All students walk the course

**10:00 am** 8/9 years boys (2 km)

**10:20 am** 8/9 years girls (2 km)

**10:40 am** 10 years boys (2 km)  
11 years boys MC (2km)

**11:00 am** 10 years girls (2 km)

**11:20 am** 11 years boys (3 km)

**11:40 pm** 11 years girls (3 km)

**12:00 pm** 12/13 years boys (3 km)

**12:20 pm** 12/13 years girls (3 km)

**1:00 pm** Schools depart

**\*\* Please ensure that all students are signed out with their teachers if they are departing early with their parents. \*\***