



TEACHER'S INFORMATION

Before you start the student section of the PowerPoint, here is some important information for the team managers and officials.

TEAM MANAGERS

Please be vigilant in making sure that your students stay with you, under your supervision. Keep track of who is going to the toilet and make sure that your team aren't compromising the finish line by leaning on the bunting (this has caused issues in the past).

All schools are to bring:

- A **medical kit** which is to be kept with you, including bandages, ice packs, sunscreen and hand sanitiser. There is no shade at the park so all students are required to wear a hat when they are not racing.
- If your school has one, it's recommended that you bring a gazebo.
- Ensure all students are **wearing a name tag** (i.e. a sticky label) with the following information: first name, surname, school, race entered. This is to assist the recorders.
- A **yellow/orange vest** (i.e. those worn on playground duty) so that you can be easily identified.
- All **individual student medication** for your team. This stays with you.
- Have a **tarp** or something for all students to sit on, as well as the **school flag**.

Optional items - A picnic chair

OFFICIALS

Please bring a **vest** (i.e. those worn on playground duty) so that you can be easily identified.

Also it's suggested that you bring a **picnic chair** for your comfort, especially if you are a course marshal.

Please read through the requirements for the team managers.

When you arrive at the park, please come and see Courtney for instructions. You'll be given a 'special' teacher program which outlines everyone's roles and the locations of all the course marshals.

This is obviously a new venue so please be open and flexible to spontaneous changes.

* **Starter/starter marshals** – Please bring a **whistle and picnic chair**.

* **Course marshals** – Please bring a **medical kit** for you to take on the course with you and a **picnic chair**.

Let's all hope for a streamline event ☺



WSPSSA Zone Cross Country Carnival





Zone Cross Country Carnival

Congratulations on making it the Western Suburbs PSSA Zone Cross Country Carnival.

This year the carnival is being held at **Majors Bay Reserve** in **Concord** which is a different park than previous years.

The aim of this PowerPoint is to:

1. Inform you of the differences at this park
2. Outline the expectations of you at this carnival





THE TRACK

When you arrive at the park, we will all walk the course together.

There are a number of things for you to be aware of:

- This is a **public park**. That means that the general public can also be using the path at the same time as your race.
- You run along a paved surface for most of the race and in some sections, it is uneven and there are cracks. **Take care and be careful.**
- If you are an **asthmatic**, you need to run with your puffer.
- You always keep the **cones to your left**. In some sections, the cones will be on both sides.
- Some of the track is close to the road – please be careful.
- Keep your **name tag** on so the recorders and judges can easily identify you.





2km Track

You run the 2km track if you are in the **8, 9 and 10** year old races.

(press enter) **You start here**

You run one complete lap of the park. This is shown on the map with the solid blue line.

You then run half the park again to the finish line. This is shown on the map with the dotted line.

You finish here





3km Track

You run the 3km track if you are in the **11, 12 and 13** year old races.

(press enter) **You start here**

You run two complete laps of the park. This is shown on the map with the solid green line and the dotted green line.

You then run half the park again which is shown in red.

You finish here





THE RACE

If you come in the **TOP SIX** you will represent WSPSSA at the Sydney East Cross Country which will be held at **Miranda Park** on **Thursday 15 June 2023**.

You will be given a permission note, that will need to be returned to your school the very next day.

If you **come 7th or 8th** you are a **reserve** for the carnival.

You will be contacted by the convener if you are required to attend.

You will also receive a permission note that is a special “reserve” note.





When you're not racing

When you are not racing, you are to be with your school group and your Team Manager.

Make sure you:

- Stay in your school area.
- Stay well clear of the road.
- Do not lean on any track markers.
- Keep your name tag on until you finish your race.
- Apply sunscreen and keep your hat on.
There is no shade at the park.
- Stay hydrated by drinking water.
- Take a partner and be sensible when you're going to the toilet.
- Use hand sanitiser before and after eating.
- Support other participants at your school while they are racing.





Thank you to everyone for taking the time to go through this PowerPoint.

See you all next week.

