



# Cross Country

Wednesday 21st May

# Teacher Information

## TEAM MANAGERS

Please be vigilant in making sure 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.**

**All schools are to bring:**

- A medical kit which is to be kept with you.
- All students are required to wear a hat when they are not racing.
- A yellow/orange vest (i.e. those worn on playground duty) so that you can be easily identified.
- Have a tarp or something for all students to sit on, as well as the school flag.
- *Optional:* A picnic chair

## OFFICIALS

- Please bring a vest (i.e. those worn on playground duty) so you can be easily identified.
- You will need to bring a first aid kit that has an EpiPen and asthma puffer with you (all course marshals to have this with them)
- A picnic chair for your comfort, especially if you are a course marshal. (Convenors will be at the park from 8:00am if you would like to drop your chairs off prior to the carnival.)
- When you arrive at the park, please see Isabella or Chris for instructions. You'll be given a teacher program which outlines everyone's roles and the locations of all the course marshals.
- Starter/Starter marshal – please bring a whistle.

# Zone Cross Country Carnival

Congratulations on making it to the Zone Cross Country.

This year the carnival will be held at Queen Elizabeth Park in Concord.

The aim of these slides is to:

1. Inform you of the 2km and 3km track.
2. Outline the carnival expectations

# Program of Events

- **10:00am** - Walk the course
  - a. 11 & 12's walk the loop first (1 teacher/official from the school to walk with their students)
  - b. Once the 11 & 12's finish the loop, 8-10's & multi class join to walk the 2km part
- **10:45am** - 8/9 years girls (2km)
- **11:00am** - 8/9 boys (2km)
- **11:15am** - 10 girls (2km)
- **11:30am** - 10 boys (2km)
- **11:45am** - 11 Girls (3km)
- **12:00pm** - 11 Boys (3km)
- **12:30pm** - 12/13 years Boys (3km)
- **12:45pm** - 12/13 years Girls (3km)
- *WSPSSA Zone Cross Country events may be changed on the day*

# The Track

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

There are several things for you to be aware of:

- 8/9 and 10 year olds complete 1 lap of the course (black line)
- 11 and 12 year olds complete 1x1km loop and 1x lap of the course (yellow and black lines)
- This is a public park, which means that the general public can also be wandering around the park at the same time as you race.
- If you are asthmatic, you need to run with your puffer.
- There must always be cones on your right. In some sections, the cones will be on both sides.



## The Race

If you come in the top six, you will represent Western Suburbs at the Sydney East Cross Country, which will be held in Miranda on Wednesday 11th June.

You will be given a permission note that must be signed by your Sport Coordinator and Principal and brought with you to the Sydney East Carnival.

Top ten in each race will be recorded and they will receive points for their school.

## 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
- Stay hydrated by drinking water
- Weather can be unpredictable, so make sure you have a hat as well as wet weather gear
- Take two buddies and be sensible when you're going to the toilet



Thank you  
everyone. Look  
forward to seeing  
you all at the  
carnival on the 21st!

