Cross Country @ Croydon/Lees Park: **Thursday 6th June 2019**

**Program 2019**

**\*\*\* To make recording easier and to avoid confusion please write the age of the child racing on their hands with a marker – if they are 8 or 9 in 2017 or turning 8 or 9 in 2017 then they go in the 8/9 year olds race etc. This is one race so please send 4 runners in total (not four 8 plus four 9 year olds).**

**8:30 – 10:30** = Course set up

**10:00 –-10:30** = Children and teachers arrive and sit down on the grass/concrete near the toilets/ tennis courts/ Lees Park – spectators (on map – number 16). Please look for your school label and sit in your allocated area.

**10:30 – 11:30** = Walk course 2km groups and then 3km groups

# A teacher from each school will be allocated a number/checkpoint (labelled on the map).

The **10 year olds** will run first so the younger children can watch and get a better feel for the course.

**11:45** – 10 years girls – 2km … rough time guide

**12:00** – 10 years boys – 2km

Presentation 10 years

**12:15** – 8/9 years girls – 2km

**12:30** – 8/9 years boys – 2km

Presentation 8/9 years

**12:45** – 11 years girls – 3km

**1:00** – 11 years boys – 3km

Presentation 11 years

**1:15** – 12/13 years girls – 3km

**1:30** – 12/13 years boys – 3km

Presentation 12/13 years

Presentation winning school + winning “handicap” school (please bring the trophies if your school won them last year so they can be passed on straight away).

**Finish and leave around 2-2:15pm**

# Please remind students that spikes are not allowed and that they need to carry their asthma medication with them.

# Each school is allowed 4 runners to participate in each age group (8 races in total = 32 children).

# Please bring two first aid kits with you (one for the supervising teacher and one for the teacher to take to their checkpoint on the course).     Thank you!

Convenor- Christina Mandadakis

Campsie PS