



Education

Westlakes Secondary Schools Sports Association

Zone Cross Country 2024

WHEN: Monday 6th May 2024 (arrive 10am at latest)

WHERE: Bottom gates of Lake Macquarie High School (lakeside near Teralba Amateur Sailing Club)

ORGANISER: Mitch Calder (PDHPE Staff) Ph. 0412428604

Schools will be required to bring a Team manager and 2 officials to assist on the day – whether on the track or at the finish line.

BRING: Sports uniform, sunscreen, jumper, hat, raincoat (possible), money, water bottle

NOTE: Schools supply their correct coloured running shirts and **texta Age Group** number on RIGHT arm..

TEAMS: Ten runners per age group for each school.

FACILITIES: School toilets and water (bubblers).

Drinks, ice blocks, sausage sandwiches and snack foods on sale

COST: Students are to pay \$4.00 to their school. Schools will be invoiced at completion of event

ORDER OF EVENTS

Time	Event
10am	Team Manager Meeting
10.15am	Student Briefing
10.30am	12 yrs Girls
10.35am	13 yrs Girls
10.40am	14 yrs Girls
10.45am	15 yrs Girls
10.50am	16 yrs Girls
10.55am	17 + yrs Girls
11.00am	12 yrs Boys
11.05am	13 yrs Boys
11.10am	14 yrs Boys
11.15am	15 yrs Boys
11.20am	16 yrs Boys
11.30am	17 + yrs Boys
11.35am	Clean-Up
12.00pm	Departure

ORGANISATION

- Age class marked on RIGHT arm
- ALL runners must compete in school colours
- Students will be marshalled 5 minutes before race.
- Students MUST follow the directions of course officials.
- LMHS toilets are available
- Zone Team will comprise of 10 runners from each age class made up of 4 School runners from the winning school in that age plus the fastest runners thereafter.
- Details of final point score and students selected in the Zone Team will be emailed to schools.
- Schools to set up on LMHS basketball and netball courts and grassed area behind.
- The track is two laps for all competitors. Students do not need to re-enter the school oval on second lap. Hand to be stamped on way through to indicate second lap.

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