

**WSPSSA**

**ZONE CROSS COUNTRY**

**Wednesday 26th May 2021
Timbrell Park, Five Dock**

**WSPSSA Spectator**

 **Sign In/Out**

 **QR Code**

 Please follow the instructions
 outlined on the form

**2KM CROSS COUNTRY MAP**

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**3KM CROSS COUNTRY MAP**

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**PROGRAM OF EVENTS**

*(Commencing at 11:00am)*

***11:00am*** *– Walk the course*

**11:45am** – *First race to start*

**Race 1** – 8/9 years Girls (2km)

**Race 2** – 8/9 years Boys (2km)

**Race 3** – 10 years Girls (2km)

**Race 4 –** 10 years Boys (2km)

**Race 5** – 11 years Girls (3km)

**Race 6** – 11 years Boys (3km)

**Race 7** – 12/13 years Girls (3km)

**Race 8** – 12/13 years Boys (3km)

Approximately 2pm – Cross Country Carnival Finishes

**Please note:**

* There are no set times for each race.
* Children will walk the course at approximately 11:00am
* First race will commence at 11:45am
* Races will be run after each previous race has finished.

**IMPORTANT INFORMATION**

1. Suitable footwear must be worn – NO SPIKES.
2. Competitors must be members of the Zone Team.
3. The **first 6 place getters** in each event will represent the Western Suburbs Zone at the Sydney East PSSA Cross Country Carnival on Friday 11th June 2021 at Miranda Park, Miranda.
4. The first 8 place getters in each event will receive ribbons and a permission note. These notes need to be returned to their school’s cross country coordinator on the 27th May.
5. **7th and 8th place getters will be reserve runners.** They will not attend the regional carnival unless notified by the convener.