



# TEACHER 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 minimal 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 item - 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.

\* **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**. This is a separate medical kit, to the one that is left with the team manager.

Let's all hope for a streamlined event 😊



# IWPSSA Cross Country Carnival





# Zone Cross Country Carnival

Congratulations on making it the Zone Cross Country.

This year the carnival is being held at **Campbell Park** in **Chiswick**.

The aim of this PowerPoint is to:

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





# 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:

- This is a **public park**. That means that the general public can also be walking around the park at the same time as your race.
- If you are an **asthmatic**, you need to run with your puffer.
- There must always be **cones on your left**. In some sections, the cones will be on both sides.
- 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 TWO complete laps of the park. This is shown on the map with the solid blue line and the dotted blue line.

Before you start your second lap, you will get a line drawn on your hand. This is to show you have completed one full lap.

On your second lap, you run through the finishing chute towards the finish line.

**You finish here**

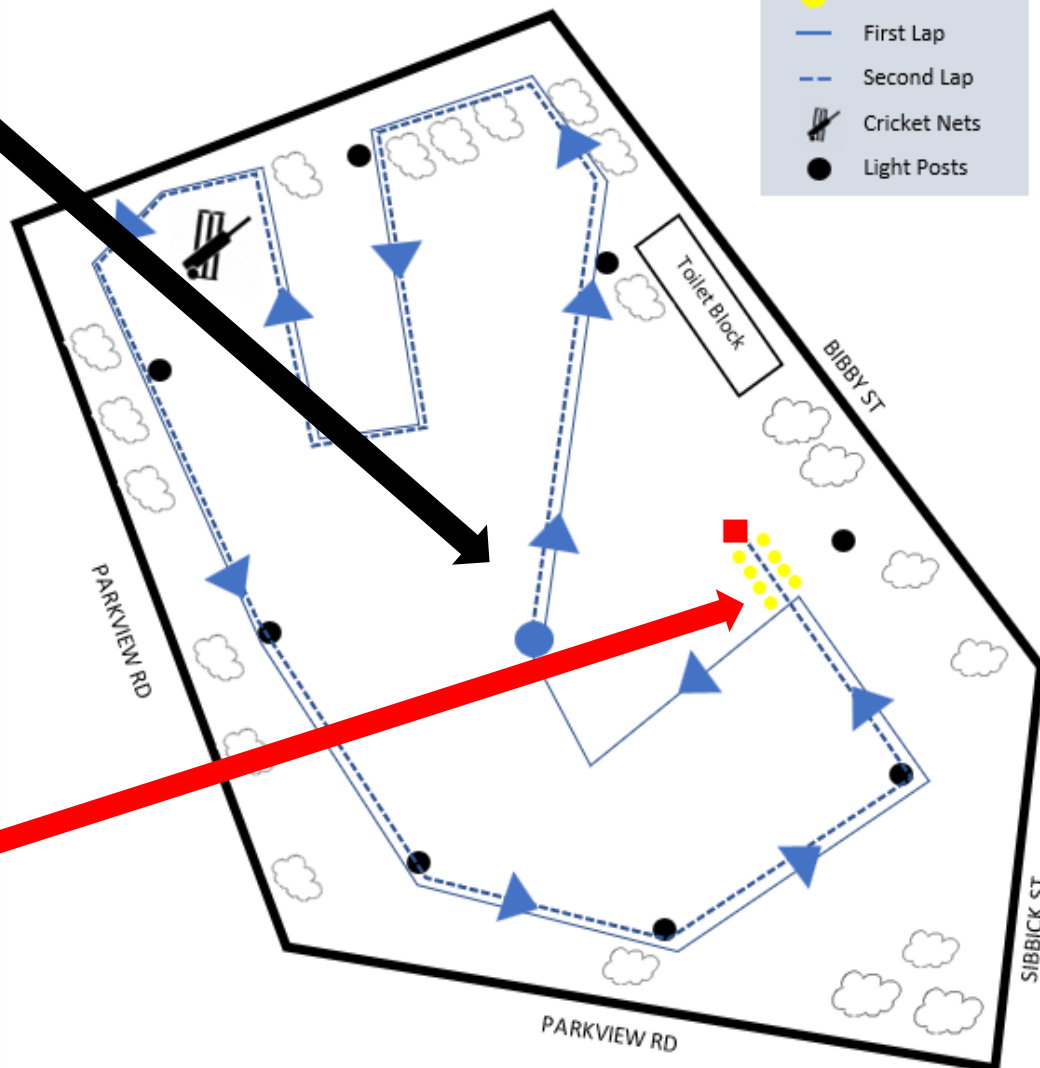
## IWPSSA ZONE CROSS COUNTRY

### 2km Track

This map is not to scale

#### KEY

- Start
- Finish
- Finishing Chute
- First Lap
- - - Second Lap
- 🏏 Cricket Nets
- Light Posts





# 3km Track

## IWPSA ZONE CROSS COUNTRY

### 3km Track

This map is not to scale

KEY	
	Start
	Finish
	Finishing Chute
	First Lap
	Second Lap
	Third Lap
	Cricket Nets
	Light Posts

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

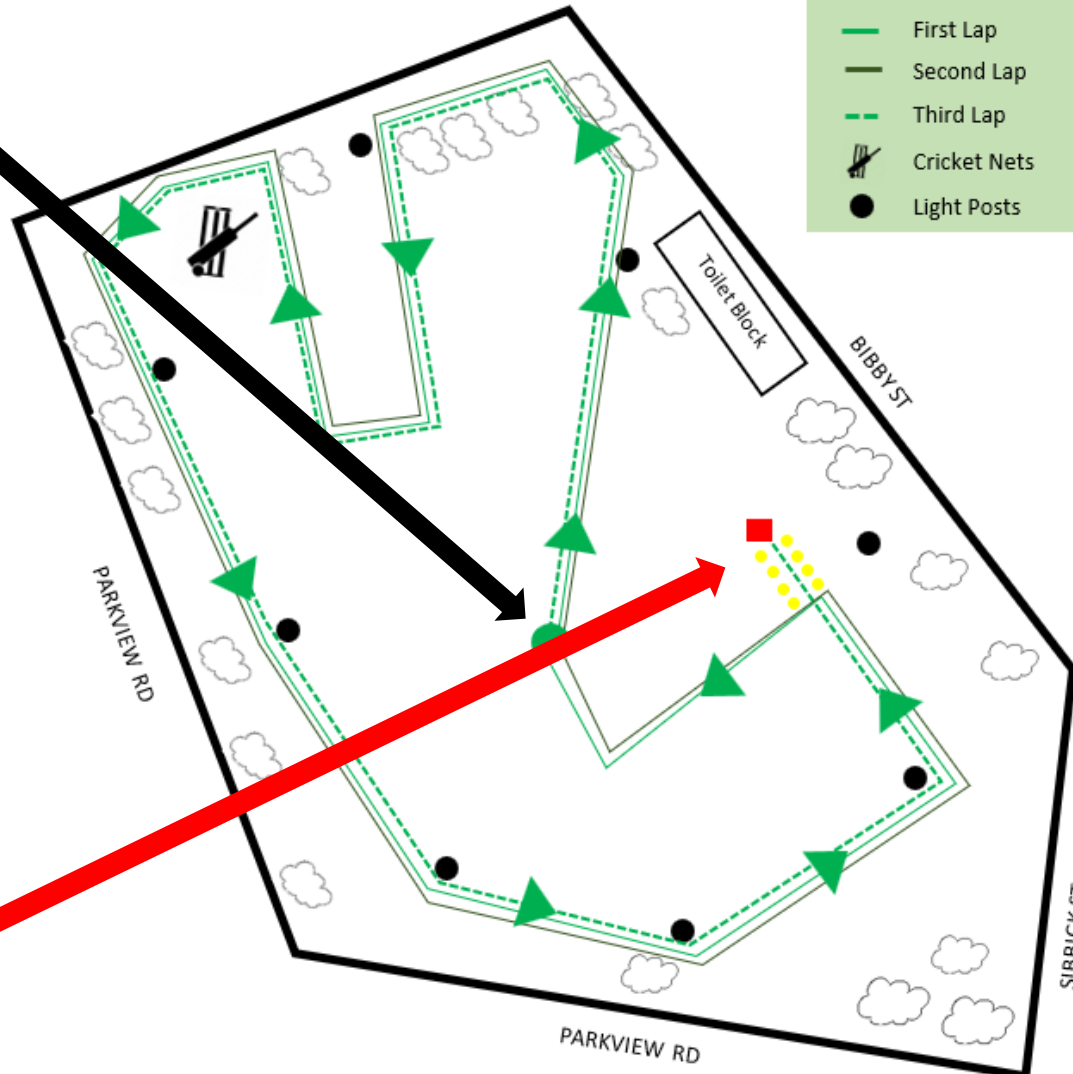
(press enter) **You start here**

You run THREE complete laps of the park. This is shown on the map with the solid green lines.

Before you start your second and third lap, you will get a line drawn on your hand by a teacher. You will complete the race with 2 lines drawn on your hand.

On your third lap, you run through the finishing chute towards the finish line.

**You finish here**





# THE RACE

If you come in the **top six** you will represent Inner West at the Sydney East Cross Country which will be held in Miranda on Thursday 15<sup>th</sup> June. You will be given a permission note, that will need to be returned to your school the **very next day**.

If you **come 7<sup>th</sup> or 8<sup>th</sup>, 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.

Top 10 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.
- 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 two buddies and be sensible when you're going to the toilet.
- Use hand sanitiser before and after eating.







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

**See you all next week.**

