



**IWPSSA**  
**ZONE CROSS COUNTRY**

**May 2023**  
**Campbell Park**  
**Chiswick**

# 2KM CROSS COUNTRY MAP

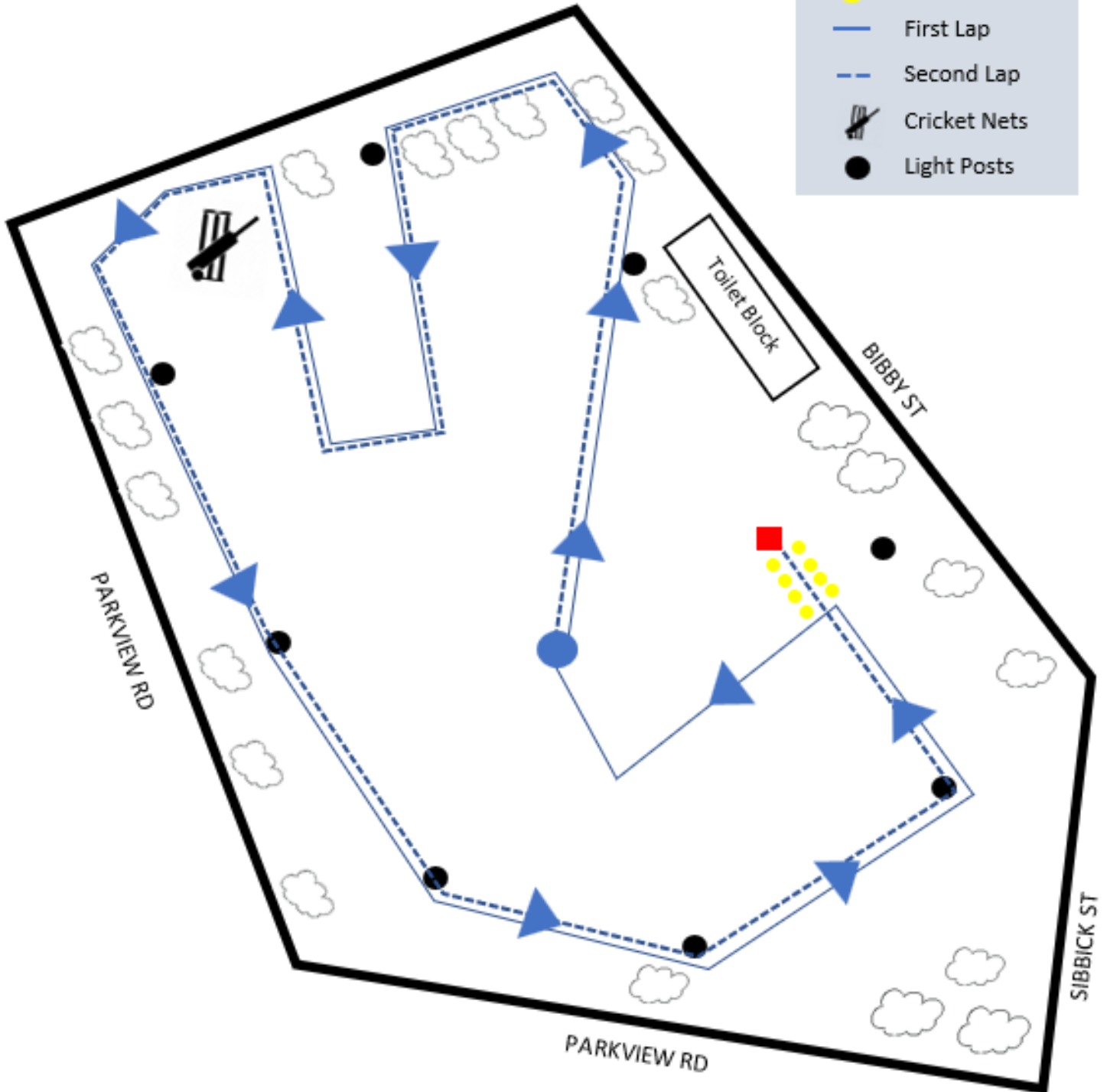
## IWPSSA ZONE CROSS COUNTRY

### 2km Track

This map is not to scale

#### KEY

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

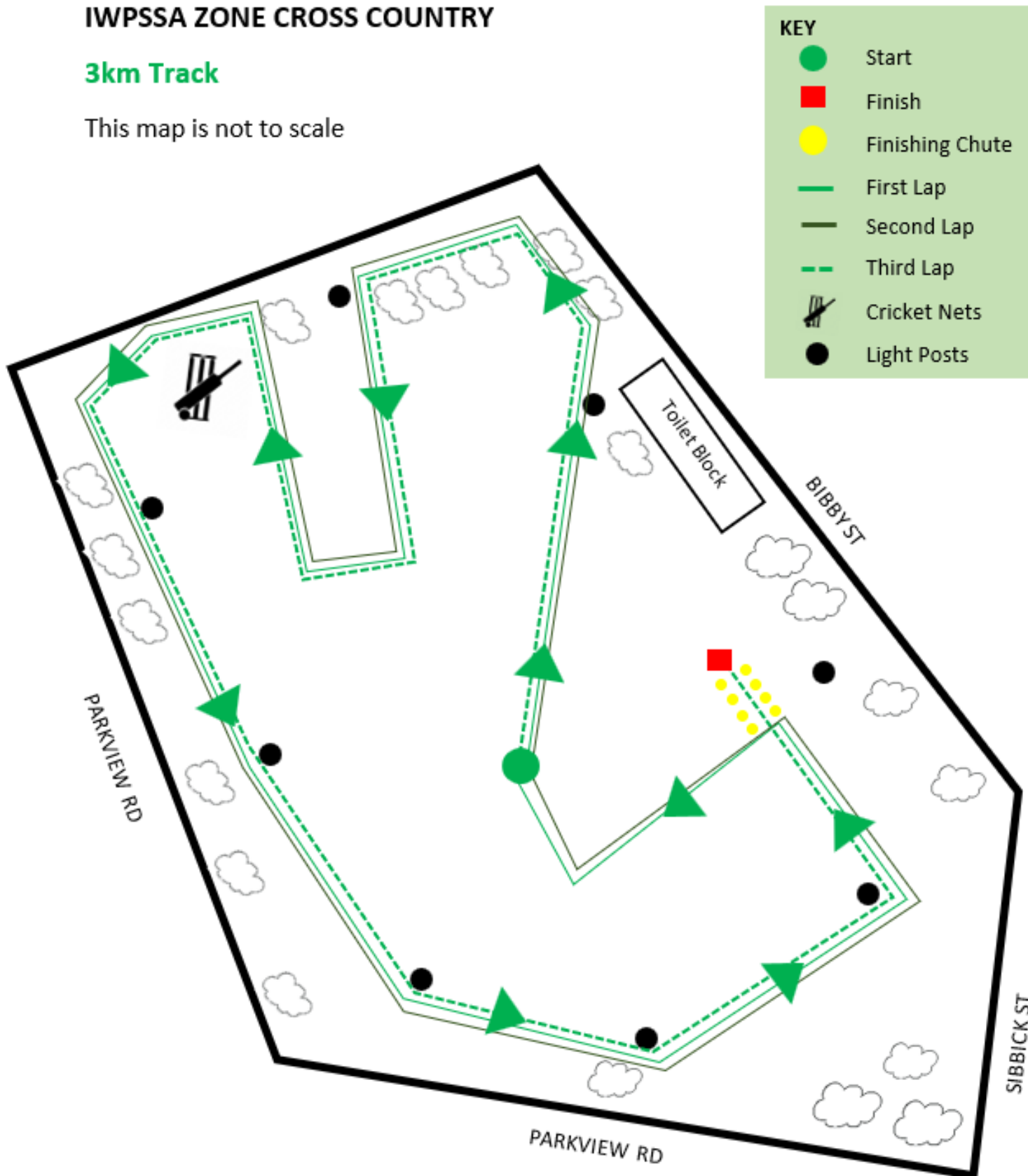


# 3KM CROSS COUNTRY MAP

## IWPSSA ZONE CROSS COUNTRY

### 3km Track

This map is not to scale



# 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 Inner West Zone at the Sydney East PSSA Cross Country Carnival on Thursday 15<sup>th</sup> June 2023 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 by the 26<sup>th</sup> May.
5. **7<sup>th</sup> and 8<sup>th</sup> place getters will be reserve runners.** They will not attend the regional carnival unless notified by the convener.