

Bundaberg district Cross Country

Date: Wednesday 2ND of May 2018

Venue: GIN GIN STATE HIGH SCHOOL

Time: 3:15pm course briefing, 3:30pm start, 4:45pm finish

The course is predominantly flat with only minor undulations. There are three steep hills located at the back of the High School that are encountered on the 3km, 4km and 6km courses. The surface is mainly grass and dirt track. There are small, loose rocks and dirt on the hill inclines and declines, so students need to be careful of their footing. The track will be mowed, so there will be no long grass on the course.

AGE GROUP	COURSE COLOUR	DISTANCE
12 YEARS BOYS AND GIRLS	WHITE	3 KM
13 YEARS BOYS AND GIRLS	BLUE	3 KM
ALL PARA-ATHLETES	BLACK	3 KM
14, 15, 16, 17+ YEARS GIRLS 14, 15 YEARS BOYS	GREEN	4 KM
16, 17+ YEARS BOYS	RED	6 KM

Please ensure all runners have coloured electrical tape strapped to their wrist corresponding to the colour of the course they are running. This will assist the marshals at the various checkpoints on the course. There will be at least 2-3 water and first aid stations positioned around the course.

*****The use of ipods, mp3's or any other electrical item is prohibited by all athletes on the course.***

Team managers need to ensure all students are at the school oval by 3:15pm for a **3:30pm start**. The starts will be staggered, whereby runners will start the course in individual age groups with a 1 minute interval between starts. Both male and female athletes will start their respective races at the same time. In order for this to work, each team manager must ensure each athlete has their age group written in permanent marker on the back of their hand (eg. 13 years athletes must have 13 written on the back of their hand. All 15 years athletes must have 15 written on the back of their hand...). Upon completion of the course, all athletes MUST report to the recording tent in their respective age groups. Starting times for each age group are outlined in the table below.

START TIME	AGE GROUP	YEAR OF BIRTH
3:30	17+ BOYS AND GIRLS	2001
3:31	16 BOYS AND GIRLS	2002
3:32	15 BOYS AND GIRLS	2003
3:33	14 BOYS AND GIRLS	2004
3:34	13 BOYS AND GIRLS	2005
3:35	12 BOYS AND GIRLS	2006
3:36	PARA ATHLETES	VARIOUS

Please ensure that all students are nominated by completing the attached nomination form by emailing to me khayd19@eq.edu.au by the 24th of April.

The top 4 place getters for each age group will be considered for selection in the Bundaberg district team, with 5th and 6th place considered at the manager's discretion.

Team Managers may be asked to assist with the running of the event on the day (i.e. handing out place tickets, time keeper, recorder etc).

Good luck to all competitors. If you have any queries, please do not hesitate to contact me on 4133 2111 or by email.

Thanks,

Kara Hayden-Brooks

Sports Co-ordinator Gin Gin SHS