

Congratulations on making it the Zone Cross Country.

This year the carnival is being held at Heathcote Oval.

The aim of this PowerPoint is to:

- Outline the expectations of you at the carnival

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.
- Please be mindful of where the cones are when you are walking the track. In some sections, the cones will be on **both sides**.

2km Track

You run the 2km track if you are in the **8, 9 and 10** year old races. It is shown by a **yellow line** on the map.

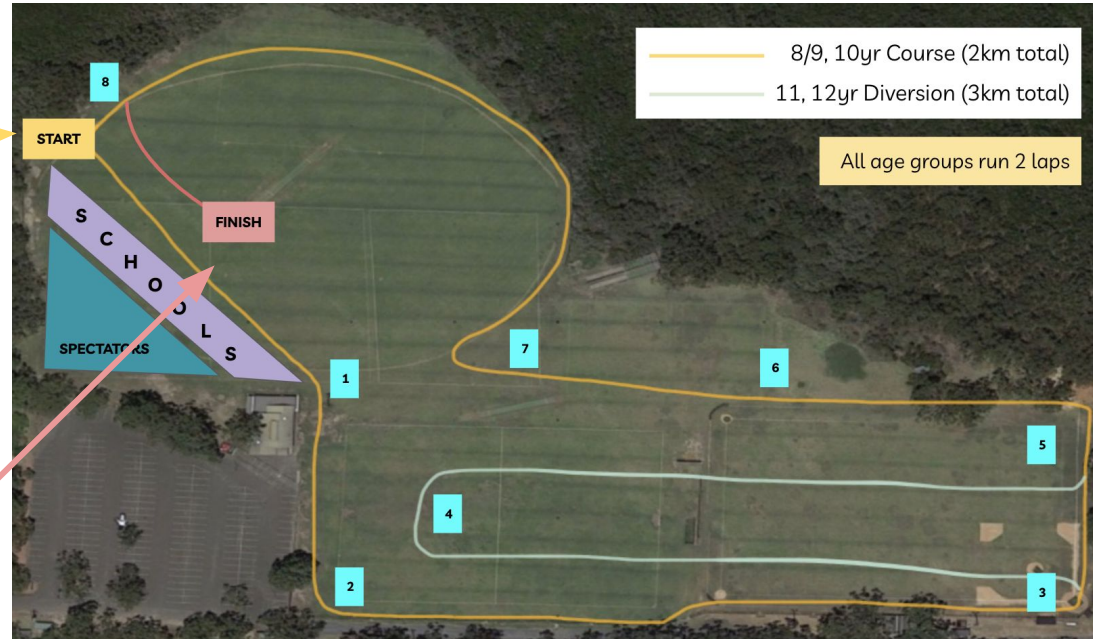
You start here

You run TWO complete laps of the park.

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



3km Track

You run the 3km track if you are in the **11, 12 and 13** year old races. It is shown by a **yellow AND green line** on the map.

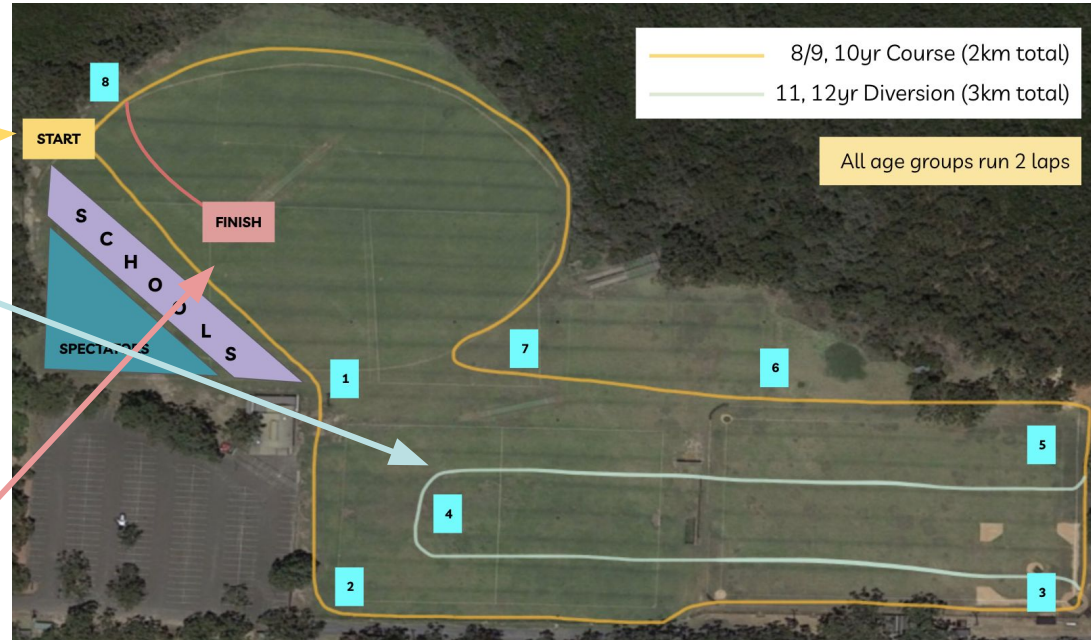
You start here

You run TWO complete laps of the park.

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 second 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 Engadine at the Sydney East Cross Country which will be held in Miranda on Wednesday 12th June.

You will be given a permission note, that will need to be returned to your school **ASAP (make sure it is signed by your principal)**. Notes are due to the Cross Country Convenor by **Thursday 30 May**.

If you are unable to attend the Regional Cross Country you need to notify the Cross Country Convenor (Mrs Hodgson or Miss Ross) by Friday 17th May, as another runner may be able to take your place.

If you **come 7th or 8th**, you are a **reserve** for the carnival.
You will be contacted by the convenor if you are required to attend.

Top 10 in each race will be recorded, and they will receive points for their school.

EZPSSA Merchandise



Our new Engadine Zone Jumpers will be available to purchase at the carnival.

Hoodies will cost \$55.00

KIDS	4	6	8	10	12	14
<u>CHEST</u>	40	42.5	45	48	51.5	55
<u>SP LENGTH</u>	46.5	50.5	54.5	58.5	62.5	66.5

WHEN YOU ARE 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 and car park.
- ★ Do not lean on any track markers including the rope reel.
- ★ Apply sunscreen and keep your hat on.
- ★ 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.
- ★ Support other participants at your school while they are racing.

ZONE CROSS COUNTRY CARNIVAL

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

See you all on May 10.

Good luck!



Thank you!