

Shoalhaven District Cross Country Program

Date: Thursday, 18 May 2023

| Time | Event |
|----------------------------|--|
| 10.00 | Team managers and officials meeting |
| 10.15 | Acknowledgement to Country |
| 10.30 | <i>Walk the course with teachers</i> |
| 10.55 | 8/9 years girls 2km (born 2014 & 2015) – 2000m |
| 11.10 | 8/9 years boys 2km (born 2014 & 2015) - 2000m |
| 11.25 | 10 years girls 2km (born 2013) - 2000m |
| 11.40 | 10 years boys 2km (born 2013) - 2000m |
| 11.55 | 8-9-10 years Multi Class boys and girls -2000m |
| 12.10 | 11-12-13 years Multi Class boys and girls -2000m |
| 12.25 | 11 years girls 3km (born 2012) - 3000m |
| 12.40 | 11 years boys 3km (born 2012) - 3000m |
| 12.55 | 12/13 years girls 3km (born 2010/2011) - 3000m |
| 13.10 | 12/13 years boys 3km (born 2010/2011) - 3000m |
| 13.25 | Presentation |
| PACK UP and TIDY UP | |

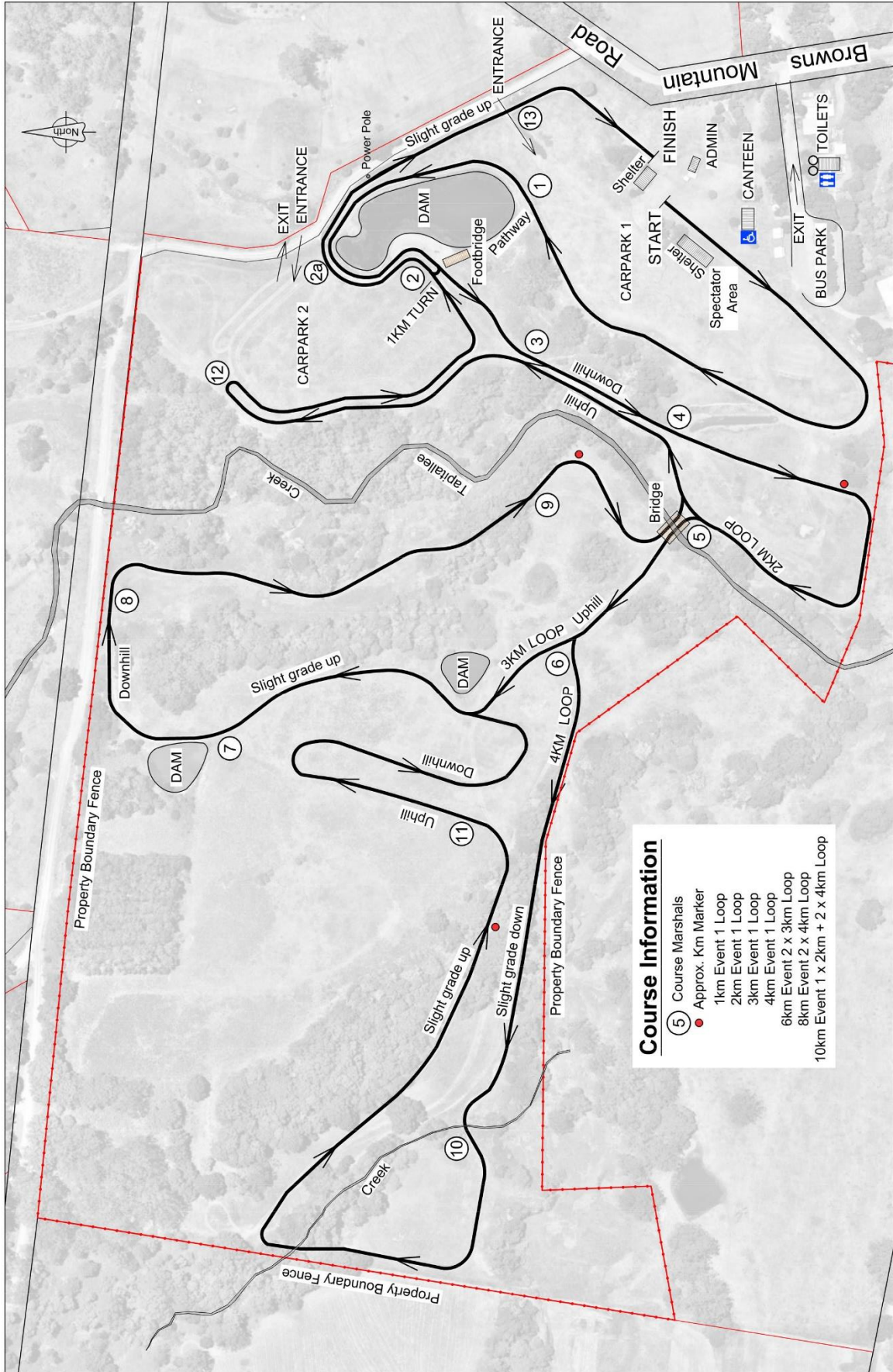
Venue: “Willandra”, Browns Mountain Road, Cambewarra. This is the property of Mr and Mrs Rod Gibb. Turn into Illaroo Rd and travel west for approximately 7km from the Princess Highway, and then continue onto Brown’s Mountain Road (on the right). Follow signs to the Cross-Country venue.

Representatives: Each school is permitted to have 6 runners in each division. Special consideration for an additional competitor (e.g., due to COVID) must be confirmed with the convener via email prior to the carnival. Additional runners will start their race from the 2nd row of the start area. Additional runners, though eligible to make the District team, will be given a place card but not have their place counted towards the school’s points tally.

Regional Cross Country: Students placing 1st-7th will progress to the Regional Cross Country on the 8th June at Willandra. Notes and information will be given to schools.

Convening school: Callala Public School **Contact:** Andrew Schubert

Willandra Cross Country - Course Map



Course Information

- ⑤ Course Marshals
- Approx. Km Marker
- 1km Event 1 Loop
- 2km Event 1 Loop
- 3km Event 1 Loop
- 4km Event 1 Loop
- 6km Event 2 x 3km Loop
- 8km Event 2 x 4km Loop
- 10km Event 1 x 2km + 2 x 4km Loop