



IPSHA CROSS COUNTRY CARNIVAL 2015

Venue: The King's School Preparatory School

Address: Pennant Hills Road, Parramatta

Date: Saturday, 28th March, 2015

Time: 8.15am Walk the Course

PROGRAMME OF EVENTS

| Event No. | Not Before Times | Age Group | Event | Distance |
|------------------|-------------------------|------------------|---------------------|-----------------|
| 1 | 9.00am | 8/9 Years | Boy's Championship | 2000 metre |
| 2 | 9.20am | 8/9 Years | Girl's Championship | 2000 metre |
| 3 | 9.40am | 10 Years | Boy's Championship | 2000 metre |
| 4 | 10.00am | 10 Years | Girl's Championship | 2000 metre |
| 5 | 10.20am | 11 Years | Boy's Championship | 3000 metre |
| 6 | 10.45am | 11 Years | Girl's Championship | 3000 metre |
| 7 | 11.10am | 12 Years | Boy's Championship | 3000 metre |
| 8 | 11.35am | 12 Years | Girl's Championship | 3000 metre |

Please note AGE: Age as at 31.12.15

Children are not permitted to compete out of their age group.

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Please arrive in plenty of time as around 4000 people are expected to attend. Make sure you follow instructions given by the parking marshalls to avoid congestion.
(Traffic directions and Parking information attached)

Course maps are included with this information showing where to run. The 2000m Course (8 &9s and 10s) will be marked out with a blue line and the 3000m Course (11s and 12 & 13s) will be marked out with a red painted line.

Checkpoints will be set up around the course for the children's safety and a vehicle will be following behind the last runner.

NO SPECTATORS ARE PERMITTED ON THE COURSE ONCE EVENTS BEGIN

All children competing must wear their RFID bracelet (issued by their School Team Manager on the day) for correct recording of places. The bracelets will be collected once the children have been through recording at the completion of their race.

All children who finish the course will be given a certificate indicating their place. Please be patient at the end of the race as there are approximately 200 competitors in each race who must all be issued with certificates and will be given water or a popper.

The first 15 competitors to complete the course in each event will progress through to CIS Cross Country at Eastern Creek on Thursday 11th June. These children will need to have their names recorded and be given information regarding this.

Information from Top to Toe Uniforms will be given to the top15 competitors in each event at the IPSHA Cross Country carnival and orders will need to be emailed no later than Tuesday 31st March, 2015. There will be sample uniform items available for sizing adjacent to the finish line area.

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Photos will be taken at IPSHA Cross Country of children running and at presentation.

IPSHA CROSS COUNTRY **PHOTOS**

Online from
TUESDAY 31ST APRIL

www.akphotos.com.au

USERNAME: ipsha
PASSWORD: sports2015
Email: enquiries@akphotos.com.au

Please make sure children have sunscreen, hats and plenty of water to drink and in the case of inclement weather be prepared with wet weather gear.

First Aid services will be available. In the case of a runner being injured or unable to finish their race, the vehicle following the runners will return them to the first aid tent adjacent to the finish line for assessment. Parents and/or Team Managers will be able to collect children brought in from the course by the medical vehicle at the First Aid tent.

Children are encouraged to carry their own Asthma medication which can be taken during the course of the race.

There will be a canteen and coffee carts operating on the day.

In the case of extreme weather conditions please access the wet weather update on blinkm.co/IPSHA/ and then select Cross Country and a message will be displayed.

Inclusions with this information

- IPSHA Cross Country Rules
- Course maps
- Parking Details

GOOD LUCK TO ALL COMPETITORS
WE HOPE EVERYONE HAS AN ENJOYABLE DAY