Dear Zone Sport Delegates and Zone Cross Country Conveners,

The Hastings Zone extends a warm invitation to Tweed, Richmond and Clarence Zones to compete at the Lismore Diocesan Catholic Primary Schools’ Cross Country Carnival 2009.

DATE: Friday .......May, ........
(Wet Weather Back up date: Wed, .........May, ...........).

VENUE: St Joseph’s Primary School, South Grafton

TIME: Commencing no later than 9.45am.

As there is no shelter at the sportsground, it is advisable for all Zones to provide shelter for their squad.

A Canteen and BBQ run by St Joseph’s School Canteen.

TIMETABLE:

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>9.45am</td>
<td>Opening Ceremony.</td>
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<tr>
<td>9.55am</td>
<td>Walk the Course.</td>
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<tr>
<td>10.35am</td>
<td>8/9 year old boys – 2000m</td>
</tr>
<tr>
<td>10.50am</td>
<td>8/9 year old girls – 2000m</td>
</tr>
<tr>
<td>11.05am</td>
<td>10year old boys – 2000m</td>
</tr>
<tr>
<td>11.20am</td>
<td>10year old girls – 2000m</td>
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<tr>
<td>11.40am</td>
<td>11year old boys – 3000m</td>
</tr>
<tr>
<td>11.55am</td>
<td>11year old girls – 3000m</td>
</tr>
<tr>
<td>12.10pm</td>
<td>12/13 year old boys – 3000m</td>
</tr>
<tr>
<td>12.25pm</td>
<td>12/13 year old girls – 3000m</td>
</tr>
<tr>
<td>1.00pm</td>
<td>PRESENTATION .</td>
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</tbody>
</table>

NOMINATIONS on the attached nomination sheet (please type on this form) to Liz Picker by Friday, ......... May, ..........

Please find enclosed Carnival Rules and a map indicating the Bowraville venue.

CONVENOR_S: Tarnya Turner Liz Picker
St Mary Joseph’s St Joseph’s
Bowraville Grafton Kempsey
Ph. 02 6564736966422262 Ph. 02 65625501
Email: slanderstturner@lism.catholic.edu.au epicker@lism.catholic.edu.au

Regards,
Hastings Clarence Zone Committee.
DIOCESAN CROSS COUNTRY CARNIVAL RULES.

1. Events will be run in the following divisions:
   JUNIOR DIVISION - 2000m
   8/9 Yrs Boys; 8/9 Yrs Girls; 10 Yr Boys & 10 Yrs Girls;
   Plus Multidisability competitors for these age categories (should run
   with peers). T36 and T44 classifications now also eligible.

   SENIOR DIVISION – 3000m
   11 Yrs Boys; 11 Yrs Girls; & 12/13 Yrs Boys & 12/13 Yrs Girls
   Plus Multidisability Competitors for these age categories (should run
   with peers). T36 and T44 classifications now also eligible.

2. Ages for each race will be taken as the age the runner has turned or will be
   turning this calendar year.

3. For each race, zones will be entitled to enter up to six runners. The maximum
   number per zone will be 48 children plus any multidisability nominations.

4. Each competitor will pay a levy of $5 – to be paid by Zone Cheque made out to:
   Catholic Education Office by the zone treasurer and sent to
   Robert Ellison
   Catholic Education Office,
   Box 158 Lismore 2480.

5. At the completion of each event, every competitor will be given a place card.
   This card must be presented at the recording table so that Competitor’s Name,
   Age, School, Zone and Position can be recorded.

6. TROPHIES: The Paddy Dent Shield will be awarded to the Zone that has the
   most points overall. (Points awarded to the top ten finishers). Trophies will be
   awarded to all Divisional Winners. Second to Eighth place getters will receive
   ribbons.

7. LISMORE DIOCESAN TEAM. The first eight (8) boys and girls in the 8/9, 10,
   11. and 12 & over groups will be invited to join the Lismore Diocesan Cross
   Country Team which will compete at the Polding Cross Country
   Championships. This event will be held at Eastern Creek, Sydney, on Friday,
   19th June, 2009.

8. Competitors are to compete in their Zone’s sports outfit and wear appropriate
   footwear. A change of clothing may be required following the event.

9. Only appointed officials are allowed on the cross country course. All parents,
   relatives, coaches or other adults MUST remain in the area adjacent to the
   finishing straight and not on any part of the golf course. Failure to comply with
   this rule could result in a competitor/s disqualification.

9. St John’s Ambulance will be at the grounds. Asthma, anaphylaxis or allergy
   sufferers are to notify their zone managers of such conditions and any
   medication required.

10. Multidisability Children. Any Zones that have children who wish to compete in
    multidisability events, please nominate on the enclosed from and please contact
    Robert Ellison ASAP.
11. **DISPUTES.** If a dispute does arise, this must be addressed to the Convenor by the Zone’s Team Manager.

The Dispute’s Committee will consist of:
- Mr Robert Ellison (Diocesan Sports Co-ordinator).
- Mr Mick O’Brien (Hastings Zone Chairperson).
- Mrs Tarnya Turner, Sarah Landers (Convenor).