Lismore Diocesan Secondary Cross Country Carnival

Thursday, 23rd May 2013
Wayne Richards Park - Port Macquarie
Lismore Diocesan Secondary Cross Country Carnival

Start & Finish time:

9.15am  Walk the course
10.15am  Start racing
1.00pm  Presentation

Lunch:
No official lunch break. A full canteen will operate on the day at the Wayne Richards Park club house.

Presentation:
The presentation will begin at approximately 1.00pm. Students will be awarded a trophy for 1st Place and a medallion for Runner Up. Ribbons for 1st, 2nd and 3rd will be awarded.

Sun Protection:
Please encourage your son/daughter to bring a hat, sunscreen and his/her own water bottle. Sunscreen will be provided at the recording tent and water stations will be positioned throughout the course. Shade tents will be set up for spectators;

Parking:
Buses and cars can park in the car park at Wayne Richards Park. Parents please note that the first car park on the left is only for Bus access and that private cars park up beyond the clubhouse.

Directions:
Follow Hastings River Drive up to the lights at Gordon St. Go through the lights, 1st Round about and through the set of lights on Ocean Drive. Turn left at the next round about (opposite the Hockey fields), Koala St. Travel up Koala St for approximately 500m, turn Right into Wayne Richards Park.

Diocesan Team:
The first 6 runners in each event will qualify as representatives of the Lismore Diocese at the NSWCCC Cross Country Carnival to be held at Eastern Creek Raceway on the 14th June 2013. All runners must collect a permission note from Robert Ellison.

Rules:

- Students must compete in the division based on the age that they turn in 2013. Their age must be clearly written on their leg. Students will also wear a colour wrist band based on their age.
- AWD students need an ‘A’ written on their legs – they will be timed as well
- Competitors must wear shoes
- NO Ipods/MP3 players are to be worn
- Spectators and coaches are NOT allowed to run alongside a competitor
- The Diocesan Cross Country is conducted based on NSWCCC Cross Country regulations......
<table>
<thead>
<tr>
<th>AGE</th>
<th>BOYS</th>
<th>GIRLS</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 YEARS</td>
<td>3000m</td>
<td>3000m</td>
</tr>
<tr>
<td>13 YEARS</td>
<td>3000m</td>
<td>3000m</td>
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<tr>
<td>14 YEARS</td>
<td>4000m</td>
<td>4000m</td>
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<tr>
<td>15 YEARS</td>
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<tr>
<td>16 YEARS</td>
<td>6000m</td>
<td>4000m</td>
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<tr>
<td>17 YEARS</td>
<td>6000m</td>
<td>4000m</td>
</tr>
<tr>
<td>18 YEARS</td>
<td>8000m</td>
<td>6000m</td>
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</tbody>
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**Schedule:**

- **9.15**  
  Walk the course - 2 separate groups [3km, 6km] & [4km, 8km]

- **10.15**  
  18 years Boys & 18 years Girls

- **10.40**  
  17 years Boys & 17 years Girls

- **11.00**  
  16 years Boys & 16 years Girls

- **11.15**  
  15 years Boys & 15 years Girls

- **11.30**  
  14 years Boys & 14 years Girls

- **11.45**  
  13 years Boys & 13 years Girls

- **12.00**  
  12 years Boys & 12 years Girls

Please note the start times may change so please listen to announcements being made.

This course goes over the AFL field and Mountain Bike Track at Wayne Richards and also onto the MacKillop oval for athletes racing the 4km and 8km course. It is recommended students take note of the course, in particular the areas where the course thins out.

Canteen Price List and **map of the course** appear on the next 2 pages....
Canteen Menu

<table>
<thead>
<tr>
<th>ITEM</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salad Roll or Wrap</td>
<td>$4.00</td>
</tr>
<tr>
<td>Chicken, lettuce, mayo roll or wrap</td>
<td>$4.00</td>
</tr>
<tr>
<td>Sausage Roll</td>
<td>$3.00</td>
</tr>
<tr>
<td>Meat Pie</td>
<td>$3.50</td>
</tr>
<tr>
<td>Chicken Chilli wrap</td>
<td>$5.00</td>
</tr>
<tr>
<td>Spinach Feta roll</td>
<td>$3.50</td>
</tr>
<tr>
<td>Fruit Salad</td>
<td>$1.50</td>
</tr>
<tr>
<td>Quiche and salad</td>
<td>$5.00</td>
</tr>
</tbody>
</table>

A variety of drinks, coffee, tea and other goodies are available on the day.