

**TEACHER PROGRAM**

**WSPSSA**

**ANNUAL ZONE CROSS COUNTRY**

**Wednesday 26th May 2021  
Timbrell Park**

**Five Dock**

**WSPSSA Spectator/Teacher**

**Sign In/Out**

**QR Code**

Please follow the instructions   
 outlined on the form

**ZONE CROSS COUNTRY JOB CHART**

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| **Convener:**  Courtney Avramides – 0433 391 006   |  |  |  | | --- | --- | --- | | **Job** | **Official** | **School** | | Announcer | Greg Blundell | Homebush | | Recorder | Natalie Armstrong | Summer Hill | | Recorder | Vic Koutsoufis | Wentworth Point | | Judge | John Tran | Haberfield | | Judge | Michelle Seers | Homebush | | Judge  (Walk to Recorders) | Lucy Winters | Croydon | | Starter | Suzanne Curteis | Haberfield | | Starter Marshal | Jenny Boyle | Abbotsford | | Starter Marshal | Elisa Stanizzo | Russell Lea | | Starter Marshal | Maggie Price | Strathfield North | | Course Marshal (1) | Tyson Destefano | Concord | | Course Marshal (2) | Wendy Stead | Burwood | | Course Marshal (3) | Lily North | Dobroyd Point | | Course Marshal (4) | Doris Hoang | Croydon Park | | Course Marshal (5) | Georgina Christaki | Marie Bashir | | Course Marshal (6) | Liam Wilson | Five Dock | | Course Marshal (7) | Kirsty Sydenham | Ashfield | | Course Marshal (8)  Tracking | Alison Waugh | Concord West | | Isabel Braga | Enfield | | Hamish Tranter | Mortlake | | Fiona Donnelly | Summer Hill | | Course Marshal (9) | Josephine Barron | Newington | | Course Marshal (10) | Yena Han | Strathfield South | | Course Marshal (11) | Annette Creighton | Victoria Av | | Course Marshal (12) | Steve Smith | Homebush West | | Course Marshal (13) | Ferda Adar | Newington |   #**All Course Marshal areas are marked.  Please go to designated marshal area on course.** |

**PROGRAM OF EVENTS**

*(Commencing at 11:00am)*

***11:00am*** *– Walk the course*

**11:45am** – *First race to start*

**Race 1** – 8/9 years Girls (2km)

**Race 2** – 8/9 years Boys (2km)

**Race 3** – 10 years Girls (2km)

**Race 4 –** 10 years Boys (2km)

**Race 5** – 11 years Girls (3km)

**Race 6** – 11 years Boys (3km)

**Race 7** – 12/13 years Girls (3km)

**Race 8** – 12/13 years Boys (3km)

Approximately 2pm – Cross Country Carnival Finishes

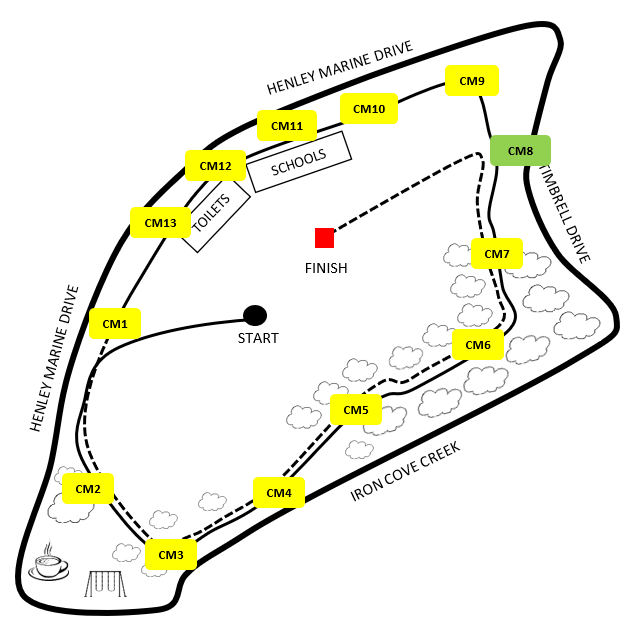
**Please note:**

* There are no set times for each race.
* Children will walk the course at approximately 11:00am
* First race will commence at 11:45am
* Races will be run after each previous race has finished.

**IMPORTANT INFORMATION**

1. Suitable footwear must be worn – NO SPIKES.
2. Competitors must be members of the Zone Team.
3. The first 6 place getters in each event will represent the Western Suburbs Zone at the Sydney East PSSA Cross Country Carnival on Friday 11th June 2021 at Miranda Park, Miranda.
4. The first 8 place getters in each event will receive ribbons. 7th and 8th will be reserve runners. They will not attend Regional unless notified by the Convener.

**MAP – WITH COURSE MARSHALS**

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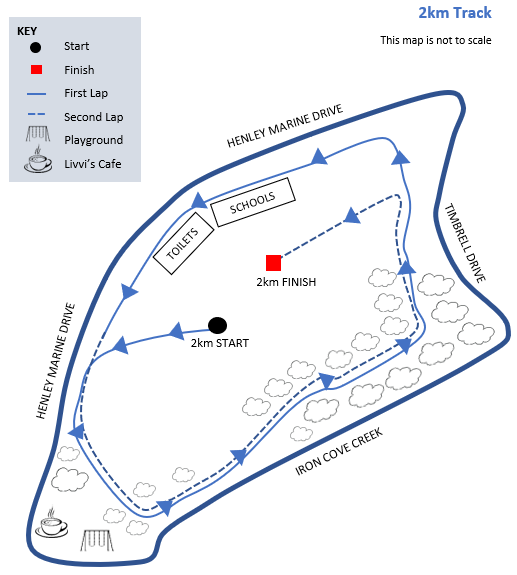
All course marshals are to

* Use your first aid kit (that you bring) to help participants requiring medical assistance. You can contact Courtney on her mobile if further medical assistance is needed.
* All participants should have puffers on them if they are asthmatic.
* Make sure that participants are following the correct path and aren’t taking short cuts.
* Inform any general public that there is a cross country carnival today and to take care along the path.

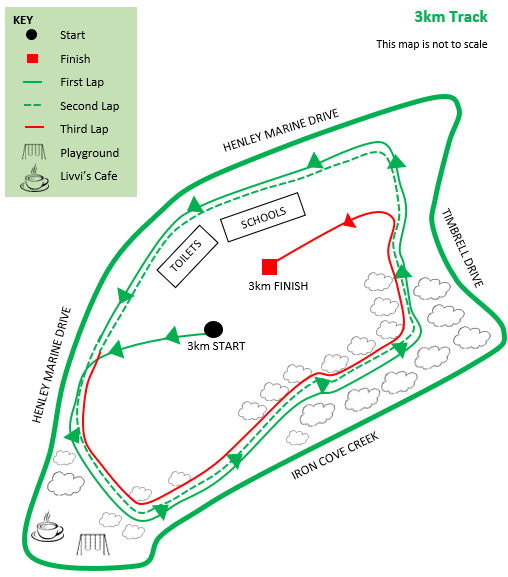
Any additional concerns for a course location are mentioned below

|  |  |
| --- | --- |
| CM 1 | * Direct students onto the path * Direct students around their 2nd/3rd lap   *Seat already there.* |
| CM 2 | *Seat already there.* |
| CM 3 | * Supervision is limited due to tree cover |
| CM 4 | * Supervision is limited due to tree cover |
| CM 5 | * Supervision is limited due to tree cover   *Seat already there.* |
| CM 6 | * Supervision is limited due to tree cover |
| CM 7 | * Very close to the road |
| CM 8 | * Spotters for the 2/3km race. Keeping track of who is in the lead so no one does extra laps. |
| CM 9 |  |
| CM 10 | * Close to the road. * Keep spectators off path. |
| CM 11 | * Close to the road. * Keep spectators off path. |
| CM 12 | * Close to the road. * Keep spectators off path. |
| CM 13 | * Close to the road. * Keep spectators off path. |

**2KM CROSS COUNTRY MAP**

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**3KM CROSS COUNTRY MAP**

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**TEACHER PROGRAM**