



Koorringal High School Cross Country 2017

Wednesday 26th April 2017, Term 2 Day 1

This is a compulsory whole school event. All students are to attend with the exception of VET students who will go to class as per usual. However VET students wishing to run will be allowed. Please notify your teacher that you are running.

No production rehearsals on that day.

Time

Buses will leave school at 12.45pm (after an early lunch) & return by 3pm

Venue

Lake Albert - the path around the lake

Cost

\$3 for the bus

Attached is a map which indicates starting points for each age group

Bring: Drink bottle, hat and sunscreen, jacket for after the event. Own asthma medication if required.

Please Note: Any student wishing to walk home after the event must bring a **note from home and have it signed by the Deputy Principal/Mr Wykes or a Sports Organiser by recess.**

Students are strongly encouraged to ***run as much of the course as possible***

Those with medical conditions preventing their participation may see the Sports Organisers **BEFORE** Wednesday to volunteer to assist at Finish Area.

Rolls will be marked at the conclusion of the cross country, so use this as an opportunity to enjoy a fun afternoon, do your daily dose of exercise and maybe (if you have participated at all 3 sporting carnivals) have a chance to move up the level system by receiving a Sporting commendation.



Koorringal High School 2017 CROSS COUNTRY START VENUES

START: Cnr Lake Albert Rd and Lakeside Drive 3km

BLACK TAPE

12y Boys/Girls Born 2005

SAFETY: stay on path!

YELLOW TAPE

13y Boys/Girls Born 2004

Can run or walk, but buses
leaving Boat Club at 3pm
Move over to let faster runners through
All 12's/13s **must get arm marked at
Checkpoint C**
At end, go to Age Group Table and Year Roll

START: Boat Club 6km

RED TAPE

16y/17/18 Boys Born 2001/00/99

Stay on path around lake and **do 1 lap of Apex
Oval**

Can run or walk, but buses leaving Boat Club at
3pm

Get all 3 Checkpoint marks A, B and C

Move over to let faster runners through

Stay on path around lake

Can walk or run, but buses leaving Boat Club
3pm

At end, go to Age Group Table and Year Roll

START: Opposite Lansdowne Avenue 4km

GREEN TAPE

15y Boys Born 2002

15y Girl Born 2002

Get 2 Checkpoint marks

Checkpoints A and C

WHITE TAPE

14y Boys Born 2003

14y Girls Born 2003

Move over to let faster runners through

At end, go to Age Group Table and Year Roll

BLUE TAPE

16y/17/18 Girls Born 2001/00/99

2017 KHS Cross Country Course

