



FRENSHAM

# IGSSA CROSS COUNTRY

## Friday 12 May 2017

### Welcome to Frensham for the Annual IGSSA Cross Country Carnival.

Sections	Each school may enter up to 8 girls per section.	
8.30 am	Walk the Course	
9.30 am	11-12 Years	3km
10.00 am	13 Years	3km
10.30 am	14 Years	4km
11.00 am	15 Years	4km
11.30 am	16 Years	4km
12.00 noon	17 Years	4km
12.30 pm	18-19 Years	6km
1.30 pm	Finish	

All times are approximate and may be altered slightly on the day if running ahead or behind schedule.

#### General Information

- ✓ All girls are to compete in their regulation school athletics uniform.
- ✓ Girls must report to the Marshall 10 minutes prior to event.
- ✓ Each girl will be issued with a unique timing bib which she must attach to the front of her running shirt with the included pins.
- ✓ All girls must run in their correct age group.
- ✗ **No spikes are to be worn.**
- ✗ **No iPods or similar are to be used during the event.**

**All competitors are expected to know the IGSSA course.** Each competitor must walk the course in the morning and speak to school staff if any part of the course appears unclear. No special consideration for the carnival point score, or IGSSA representative team, will be given to girls who run the wrong course.

#### Parking for cars and mini buses:

- After 8am – all parking is on the street.
  - No cars are to be parked on school grounds.
- Before 8am only and exit only after 1.30pm – entry via gate at rear of Hartfield on Range Rd to car park next to sports courts.
  - For both mini buses and cars.
  - There will be no exit from this area until the event is finished.
- No entry via the Pool gate on Range Rd – this is for pool users only and there will be no access from Pool area to Games Field.