

SUTHERLAND ZONE CROSS COUNTRY

WARATAH BIKE TRACK, SUTHERLAND 2022

ORDER OF CARNIVAL DAY

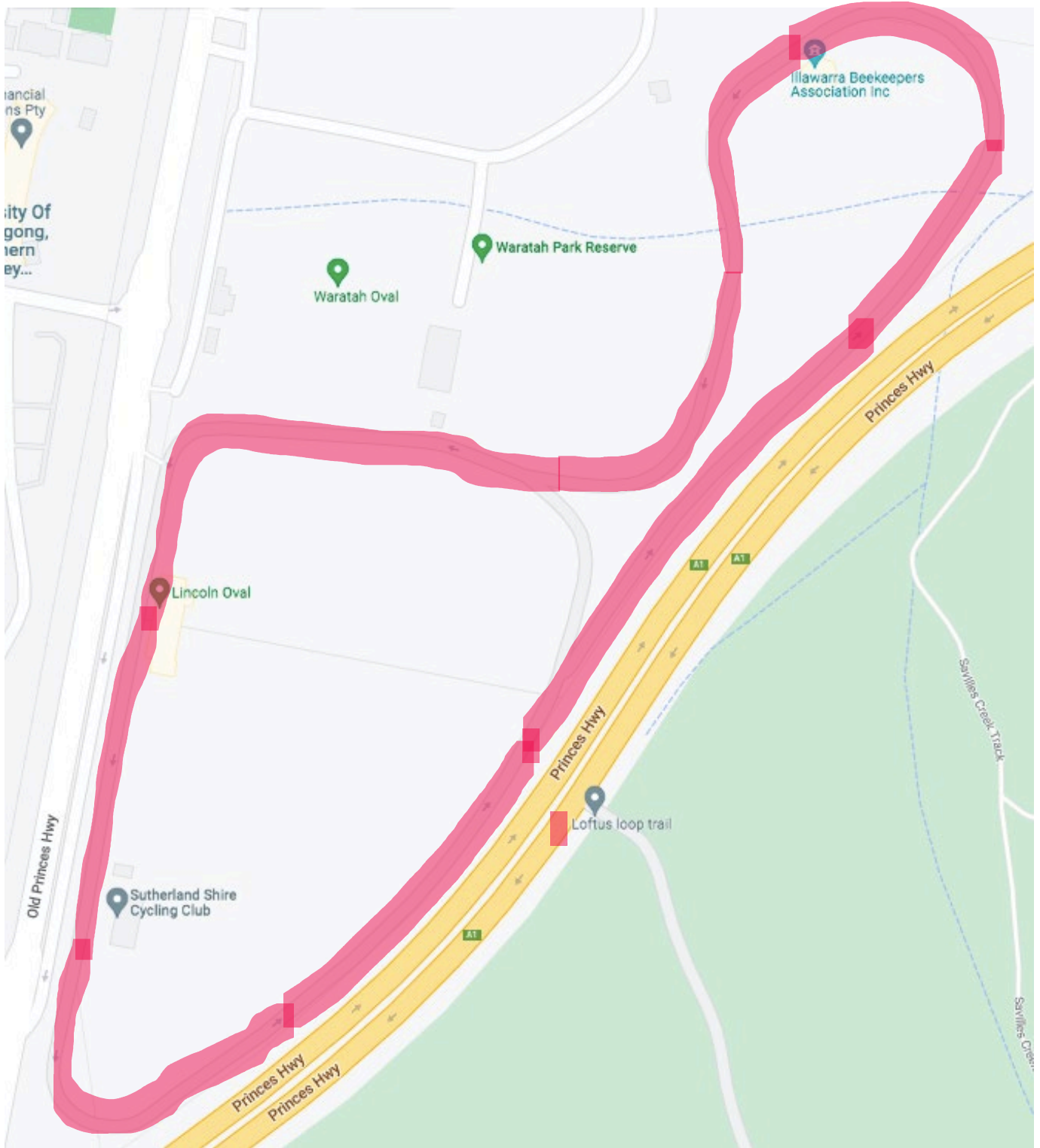
TIME	EVENT	AGE	DISTANCE
9.00 am	Girls	17 years	4000m
9.10am	Boys	17 / 18 years	6000m
9.20am	Girls	18 years	6000m
9.30am	Boys	16 years	6000m
10.30am	All junior competitors to meet at the bottom oval of Heathcote High School. Competitors will walk through the course in reverse pattern.		
11.20am	<u>COURSE CLOSED TO ALL COMPETITORS</u>		
11.30am	Girls	12 years	3000m
11.45am	Boys	12 years	3000m
12.00pm	Girls	13 years	3000m
12.20pm	Boys	13 years	3000m
12.30pm	Girls	14 years	4000m
12.45pm	Boys	14 years	4000m
1.00pm	Girls	15 years	4000m
1.15pm	Boys	15 years	4000m
1.30pm	Girls	16 years	4000m

WILL TRY TO STICK TO THESE TIMES AS BEST AS POSSIBLE, BUT WITH CHANGED LOCATION SOME TIMES MAY DIFFER.

IMPORTANT INFORMATION

- Staff on track duty stay on point for the duration of the carnival
- Team manager must stay with their school near the marshalling area on the AFL field (Lincoln Oval) to get their students organised
- First aid officer will be location near the AFL Clubhouse on Lincoln Oval
- Derek on bike will have first aid kit, as well as all staff members on check points
- No canteen facilities available
- Start and finish line will both be near the clubhouse
- Students will get marked on their hand after each loop, they must get a mark on their hand to qualify.

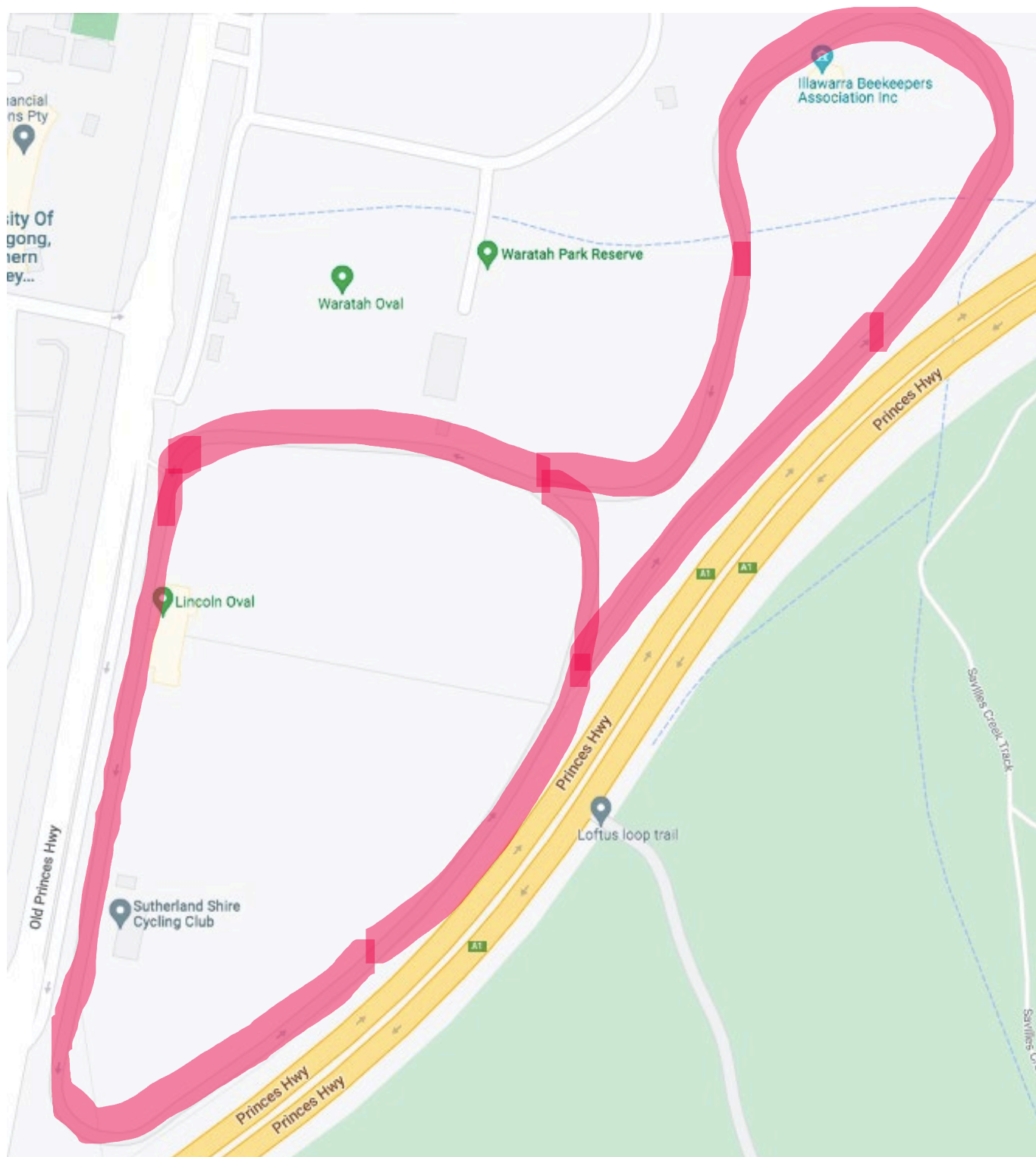
Sutherland Zone Cross Country 2022 – 3km Track



12 Years Girls	12 Years Boys	13 Years Girls	13 Years Boys
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COMPLETE 2 LOOPS OF THE BIG TRACK

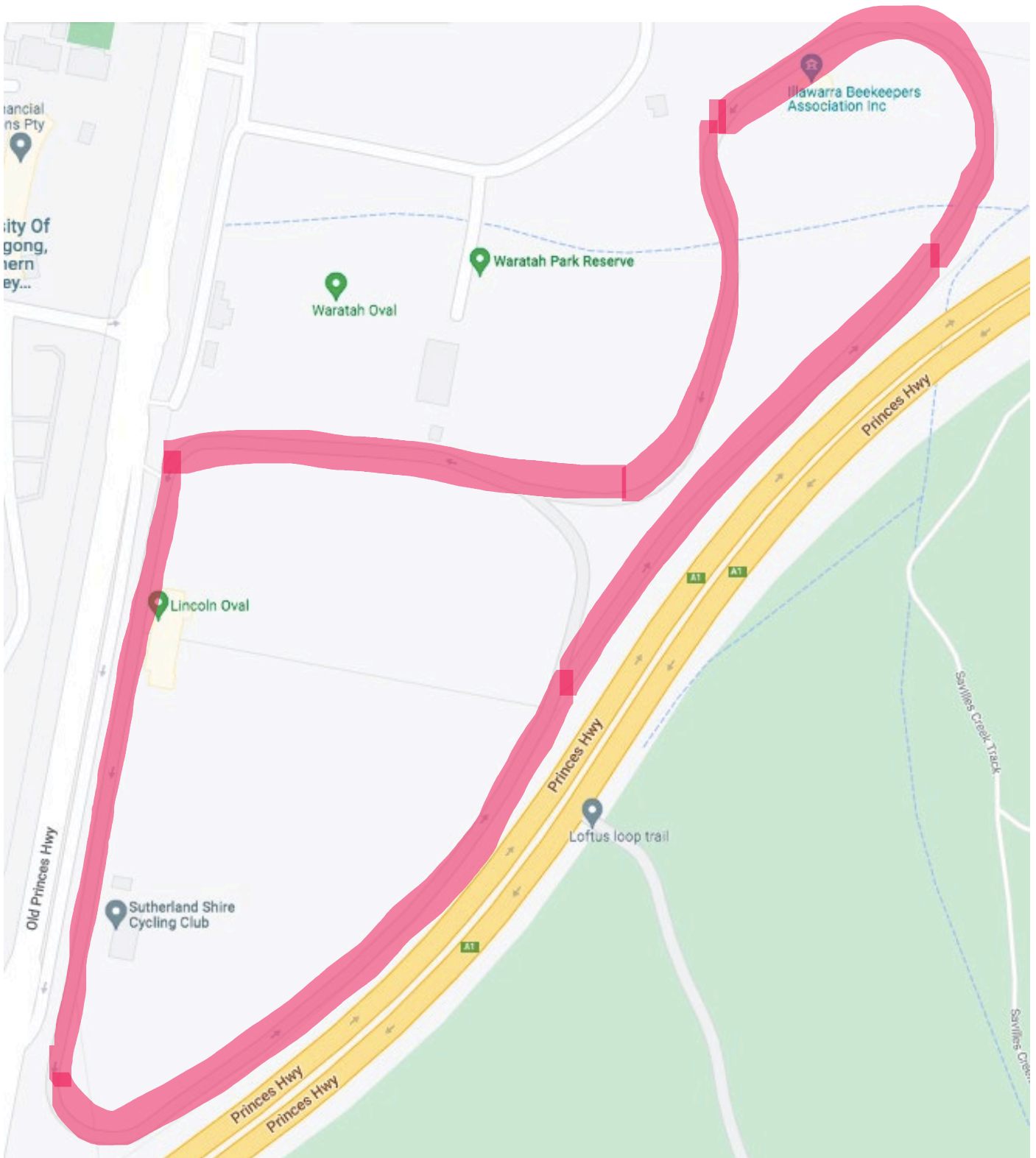
Sutherland Zone Cross Country 2022 – 4km Track



14 Years Girls	14 Years Boys	15 Years Girls	15 Years Boys
16 Years Girls	17 Years Girls		

COMPLETE 1 LOOP OF MEDIUM TRACK FIRST & THEN 2 LOOPS OF THE BIG TRACK

Sutherland Zone Cross Country 2022 – 6km Track



16 Years Boys

17 Years Boys

18 Years Boys

18 Years Girls

COMPLETE 4 LOOPS OF THE BIG TRACK