


Redeemer - DG Stolz Sports Fields Cross Country Map 2023

CROSS COUNTRY TRACKS:

Big Loop = 

Small Loop = 



RACE COURSES:

2km = 1 x lap of big loop

3km = 1 x lap of small loop + 1 lap of big loop

4km = 2 x laps of big loop

Redeemer - DG Stolz Sports Fields Cross Country Information

CHECK POINT (CP) DUTIES:

- CP 1** = As students complete their 2nd / 3rd / 4th lap direct them to the finish line
- CP 2** = Distribute wrist bands as students complete 2nd – 4th lap as per race distances
- CP 3** = Stop any vehicles at road entrance as needed until students run past
- CP 4 – 6** = Encourage any student as they run pass, and assist if they look distressed / unwell
- CP 7** = Direct students which direction to run
2km = 1 x lap of big loop only
3km = 1 x lap of small loop **plus** 1 lap of big loop = turn at CP 7
4km = 2 x laps of big loop
- CP 8-10** = Encourage any student as they run pass, and assist if they look distressed / unwell
- CP 11** = **Drinks Station** > have water in cups ready on table for students to grab as they run pass
- CP 12-15** = Encourage any student as they run pass, and assist if they look distressed / unwell

If any student suffers from serious illness / injury while please running and cannot finish their event, please contact either sport staff listed below and we will arrange for 1st Aid Medic to attend.

LUKE CURRAN (Redeemer Head of Sport) **m: 0418 197 789**

EDDIE FARDELL (GBC School Sport) **m: 0409 248 326**