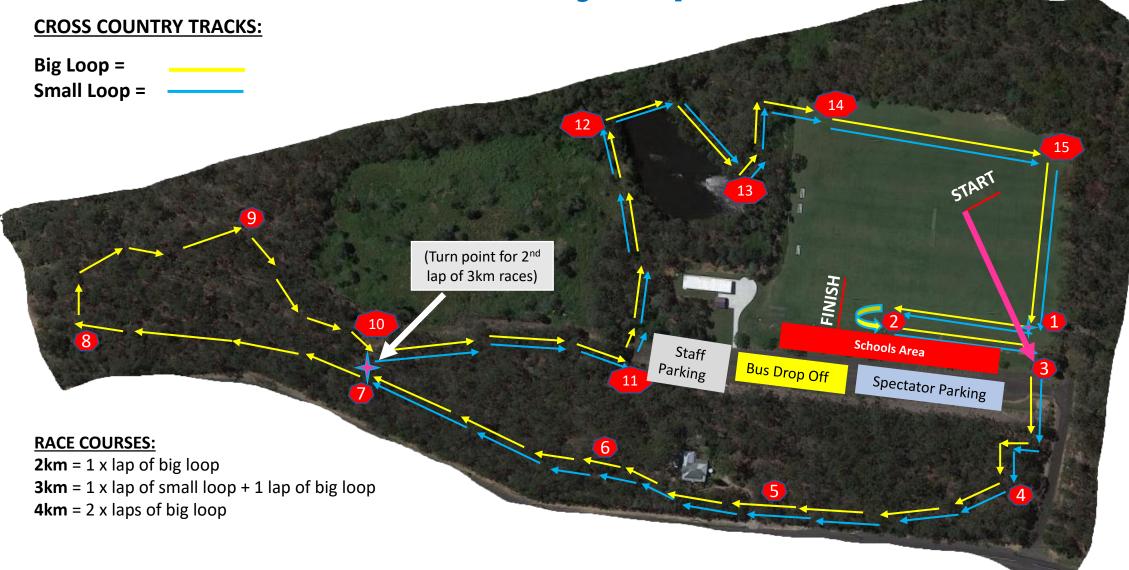
## Redeemer - DG Stolz Sports Fields Cross Country Map 2023



## Redeemer - DG Stolz Sports Fields Cross Country Information

## **CHECK POINT (CP) DUTIES:**

- **CP 1** = As students complete their  $2^{nd} / 3rd / 4^{th}$  lap direct them to the finish line
- **<u>CP 2</u>** = Distribute wrist bands as students complete  $2^{nd} 4^{th}$  lap as per race distances
- **<u>CP3</u>** = 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
- **<u>CP 7</u>** = 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
- **<u>CP 11</u>** = **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 1<sup>st</sup> Aid Medic to attend.

LUKE CURRAN (Redeemer Head of Sport) m: 0418 197 789 EDDIE FARDELL (GBC School Sport ) m: 0409 248 326