**Knox Division Cross Country**

**Date**: Tuesday 20th May

**Venue**: Kings Park, Willow Rd, Ferntree Gully

**School roles / responsibilities**:

* Loz - Starting
* All schools have been allocated a checkpoint around the course (refer to map).
* Each checkpoint needs to have a **staff member** throughout the day.
* Please note Rowville and Wantirna have been allocated 2 checkpoints.
* Please note Upwey has the finish line duties.

**Schedule**:

10:00am - Completion of course walking time

1. 10:20am - 17-20yrs boys (5km, 3 laps)
2. 10:40am - 16yrs boys (5km, 3 laps)
3. 11:00am - 17-20yrs girls (3km, 2 lap)
4. 11:20am - 16yrs girls (3km, 2 lap)
5. 11:40am - 13yrs boys (3km, 2 lap)
6. 12:00pm - 13yrs girls (3km, 2 lap)
7. 12:20pm - 14yrs boys (3km, 2 lap)
8. 12:40pm - 14yrs girls (3km, 2 lap)
9. 1:00pm - 15yrs boys (3km, 2 lap)
10. 1:20pm - 15yrs girls (3km, 2 lap)

**Notes for the day**:

* The course runs in an anti-clockwise direction
* 3km races will be 2 laps of the course
* 5 km will be 3 laps and they different starting point.
* All race competitors will be allocated a number to be written on their hand prior to the race. Schools will receive number allocations on the google drive when they have entered their competitors
* 1st aid will **not** be available
* Please ensure that all staff on checkpoints have Loz’s mobile number (0438 840 403), and she has their numbers.
* Competitors will need to collect pegs from the Wantirna marker, one peg per lap. Staff on checkpoints need to be wearing a high vis vest
* A series of cones will be laid out on the course to indicate the track
* Maximum of 15 entries per race for each school
* Please be aware small numbers of race entrants may result in races being run together, altering their scheduled times