



# OSSA Cross Country Carnival

Dean Park Recreation Grounds, Cudal

Monday 8th April 2024

There are over 70 students from Canobolas Public School participating in this year's OSSA Cross Country Carnival. Below are additional details and information for the day.

<p><b>Time</b></p> <p><i>11, 12, 13 year old students to collect <u>lunch orders from the canteen immediately after walk through.</u></i></p>	<p><b>10am</b> - All students walk the course.</p> <p><b>NOTE:</b> The organisers have reversed the way the students run the course. Therefore, even students who have previously run the course at the recreation grounds should ensure they walk the course.</p>																														
<p><b>Order of Events</b></p> <p><i>First event starts approx. <u>11am</u></i></p> <p><i>5-10 year old students to collect <u>lunch orders from the canteen immediately following their race.</u></i></p>	<table border="0"> <tr><td>1.</td><td>5/6/7 Girls</td><td>1km</td></tr> <tr><td>2.</td><td>5/6/7 Boys</td><td>1km</td></tr> <tr><td>3.</td><td>8/9 Girls</td><td>2km</td></tr> <tr><td>4.</td><td>8/9 Girls</td><td>2km</td></tr> <tr><td>5.</td><td>10 Girls</td><td>2km</td></tr> <tr><td>6.</td><td>10 Boys</td><td>2km</td></tr> <tr><td>7.</td><td>11 Girls</td><td>3km</td></tr> <tr><td>8.</td><td>11 Boys</td><td>3km</td></tr> <tr><td>9.</td><td>12/13 Girls</td><td>3km</td></tr> <tr><td>10.</td><td>12/13 Boys</td><td>3km</td></tr> </table>	1.	5/6/7 Girls	1km	2.	5/6/7 Boys	1km	3.	8/9 Girls	2km	4.	8/9 Girls	2km	5.	10 Girls	2km	6.	10 Boys	2km	7.	11 Girls	3km	8.	11 Boys	3km	9.	12/13 Girls	3km	10.	12/13 Boys	3km
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<p>The first 6 finishers for <b><u>OSSA Green</u></b> should present to the recording table at the conclusion of racing.</p>																															
<p>An announcement will be made prior to walking the course for <b><u>Asthma</u></b> and <b><u>Anaphylaxis</u></b> students to present at the recording tent to receive a blue or purple wrist band.  <b><u>Students with Asthma</u></b> must carry their <u>Ventolin</u> and must wear a <b><u>blue wrist band</u></b>.  <b><u>Students with Anaphylaxis</u></b> must wear a <b><u>purple wrist band</u></b>.</p>																															
<p>Presentations will take place at the conclusion of all racing. Estimated finish time is 2.30pm.</p>																															
<p><b>What to wear/pack</b></p>	<p>Sports uniform, hat, sunscreen, food and water for the day.</p>																														

**OUT OF BOUNDS AREAS** – pump track, back of amenity blocks, north of oval near marshalling area, anywhere outside the oval.

Only runners are to be outside of the oval at the starting line or on the course.

**PARKING** - Parking for all visitors is on the eastern right-hand side of the grounds once you turn left over the car bridge. Pedestrian entry into the oval is via the gate at the parking area.

**GOOD LUCK TO ALL RUNNERS**