

# Redeemer Cross Country - Course Map 2024

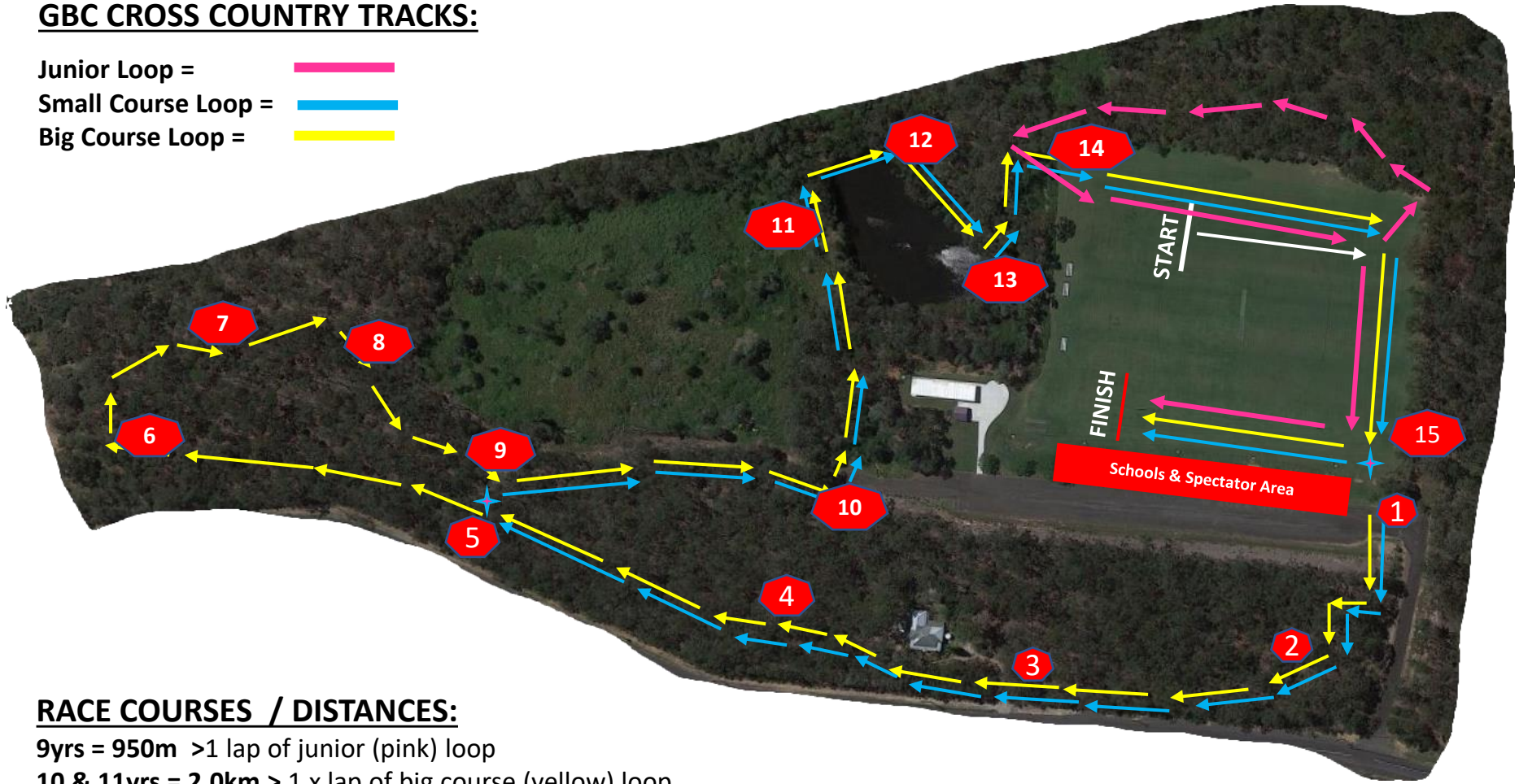
DG Stolz Sports Fields, 21 Kelly Street Burbank (\*enter off Priestdale Road)

## GBC CROSS COUNTRY TRACKS:

Junior Loop = 

Small Course Loop = 

Big Course Loop = 



## RACE COURSES / DISTANCES:

9yrs = 950m >1 lap of junior (pink) loop

10 & 11yrs = 2.0km > 1 x lap of big course (yellow) loop

12 & 13yrs +13yrs Girls = 3.0km > 1 lap of small course (blue) loop + 1 lap of big course (yellow) loop

14yrs Boys + 15yrs, 16yrs & Opens = 4.0km >2 laps big course (yellow) loop

# GBC Cross Country 2024

## CHECK POINT (CP) DUTIES:

- CP 1 = Stop any vehicles at road entrance as needed until students run past
- CP 2-4 = Encourage any student as they run pass, and assist if they look distressed / unwell
- CP 5 = Direct students which direction to run for 2km / 3km / 4km races**
- CP 6- 9 = Encourage any student as they run pass, and assist if they look distressed / unwell
- CP 10 = Drinks station, have paper cups ready filled with water for students to use as they come past
- CP 11-14 = Encourage any student as they run pass, and assist if they look distressed / unwell
- CP 15 = Direct students to keep running for 2<sup>nd</sup> lap / turn towards the finish line

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

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**LUKE CURRAN Head of Sport m: 0418 197 789**  
**LAUREN CURRY – Deputy Head of Sport m: 0450 544 818**