



LEURA PUBLIC SCHOOL
Cnr Mount Hay Rd and Willow Park Ave
Leura, 2780
ph : 4784 1251 fax : 4784 3156
email : leura-p.school@det.nsw.edu.au

respect

responsibility

resilience

Thursday 12th May 2022

UPPER BLUE MOUNTAINS ZONE CROSS COUNTRY 2022
Friday 20th May 2022

Upper Blue Mountains Zone Cross Country Carnival 2022

Event Date: Friday 20th May 2022

Payments can be made online, as well as by cash or cheque.

For payments online enter **Payment Description: Zone Cross Country**

Payment Amount: \$2.00

Last date for payment: Wednesday 18th May 2022

Please note late payments may not be accepted.

Congratulations on your child's placement in the Leura Public School Cross Country team to represent our school at the Upper Blue Mountains Zone Cross Country. The event is scheduled for **Friday 20th May** (with a back up date of Wednesday 25th May in case of inclement weather or if the grounds are unsuitable for running). The Zone Cross Country will be held at **Katoomba Falls Reserve, Katoomba**. Students need to **arrive 8:45am** and all participants are to arrange **private transport** to and from the venue. Upon arrival students should report to Mrs Crowe who will be team manager for the day.

Students should wear running shoes, school sport shorts and a Leura Public School representative shirt which may be signed out from the school office on Wednesday 18th May. Shirts will need to be washed and returned to school on Monday 23rd May.

Students should bring a towel or tarp to sit on, food for the day, plenty of drinking water, a hat and sunscreen. There will be a canteen operating on the day selling a variety of hot and cold food. Spectators are welcome but are advised not to bring any dogs to the venue and to follow appropriate Covid Safety guidelines.

Please make payment of the \$2.00 Zone Cross Country contribution fee and return the attached permission slip to school by Wednesday 18th May 2022. Please note late payments may not be accepted.

Please advise Mrs Crowe or the school office if your child is unable to participate in this event as soon as possible, so a replacement runner can be organised.

In the case of wet weather, a message will be posted on Skoolbag or you may call the office after 8.30am on the day to confirm whether the Carnival is still on.

Kind regards,

Mrs Jacqui Crowe
Coordinator

Mrs May Ptolemy
Principal



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PERMISSION SLIP

Upper Blue Mountains Zone Cross Country 2022

Friday 20th May 2022

I give permission for my child _____ of class _____ to attend the Upper Blue Mountains Zone Cross Country Carnival on Friday 20th May 2022 from 8:45am – 1:30pm (or Wednesday 25th May 2022 if the weather is inclement or the grounds unsuitable for running).

I understand that I need to arrange private transport for my child to and from the venue.

- I have enclosed cash or cheque for \$2.00 contribution fee
- OR
- I have paid online. My receipt# is _____

MEDICAL INFORMATION

- The Medical information I have provided to the school is still current
- OR
- Attached is an updated medical form (*please contact the school office if a new form is required*)

Parent Name: _____ Date: _____

Parent Signature: _____

My contact phone number on the day is _____



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UPPER BLUE MOUNTAINS ZONE CROSS COUNTRY PROGRAM

Please note this may be subject to change on the day so please arrive promptly at 8:45am.

N.B This year there will not be a 'mass' walk of the course before the races. Students are provided with a map and detailed directions. It is encouraged that competitors walk the course themselves from 9:00 am. Course marshalls will be available to assist with directions along with the course very clearly marked.

Order of Events:

- 9:00am – Walk the course – self-guided
- 9:45am – 8/9 years boys
- 10:05am – 8/9 years girls
- 10:25am – 10 years boys
- 10:45am – 10 years girls
- 11:05am – 11 years boys
- 11:35am – 11 years girls
- 12:05pm – 12 years boys
- 12:35pm – 12 years girls
- 1:15pm – Announcement of results & presentation



*Please be aware that these times are estimates only.

PSSA race rules:

1. Suitable footwear must be worn by all competitors.
2. No tripping, pushing or interference with other competitors is allowed.
3. No competitor is to receive assistance or refreshments during the race.
4. Breaching the above rules will result in disqualification.

Zone Cross Country Guidelines for students:

1. Stay within your school area unless competing or moving to the toilet/canteen.
2. Do not enter the track unless racing.
3. At the end of your race, line up in finishing order as directed by officials.
4. Remain in the finishing order until instructed to leave by officials.
5. Any protests must be made through the team manager.



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**BLUE MOUNTAINS ZONE CROSS COUNTRY 2022 COURSE INFORMATION –
KATOOMBA FALLS RESERVE**

1. From the start, run around the top oval to the 'fallen tree', then run towards the middle of the oval to the finish line. Turn left at the finish line. Run straight ahead and out the gate located near the canteen.
2. Run down the grassy bank towards the bottom oval. **Do not go onto the bottom oval.** Follow the fence line around the outside of the bottom oval.
3. Enter the bottom oval through the gate at the far side, then run along the course on the oval, which follows the fence line (set out by markers).
4. Exit the bottom oval through the gate and run straight ahead through the car park behind the canteen.
5. Follow the carpark road as it turns left towards the creek line.
6. Leave the carpark road near the green bin, where a footpath begins.
7. Follow the footpath as it continues over a bridge.
8. Turn left at the picnic area and run past the shelter up the grass area. Run up the grass area until you reach a picnic table. (The grass is mowed until this point-it then becomes long grass).
9. Run around the witches hat and back down through the picnic area.
10. Run back over the bridge and along the footpath until it meets the carpark road.
11. Run back along the carpark road (e.g. retracing the way you went).
12. At the end of the car park road turn right and run back through the carpark. (***Note extra for seniors -11, 12, 13yrs.**)
13. At the end of the carpark turn at the green bin and run back up the grassy slope.
14. Enter the top oval through the gate near the canteen.
15. Run straight across the top oval to the finish line.

***Seniors - 11, 12, 13 yrs. Before proceeding to the finish line, seniors complete an extra lap of the bottom oval section of the course.**



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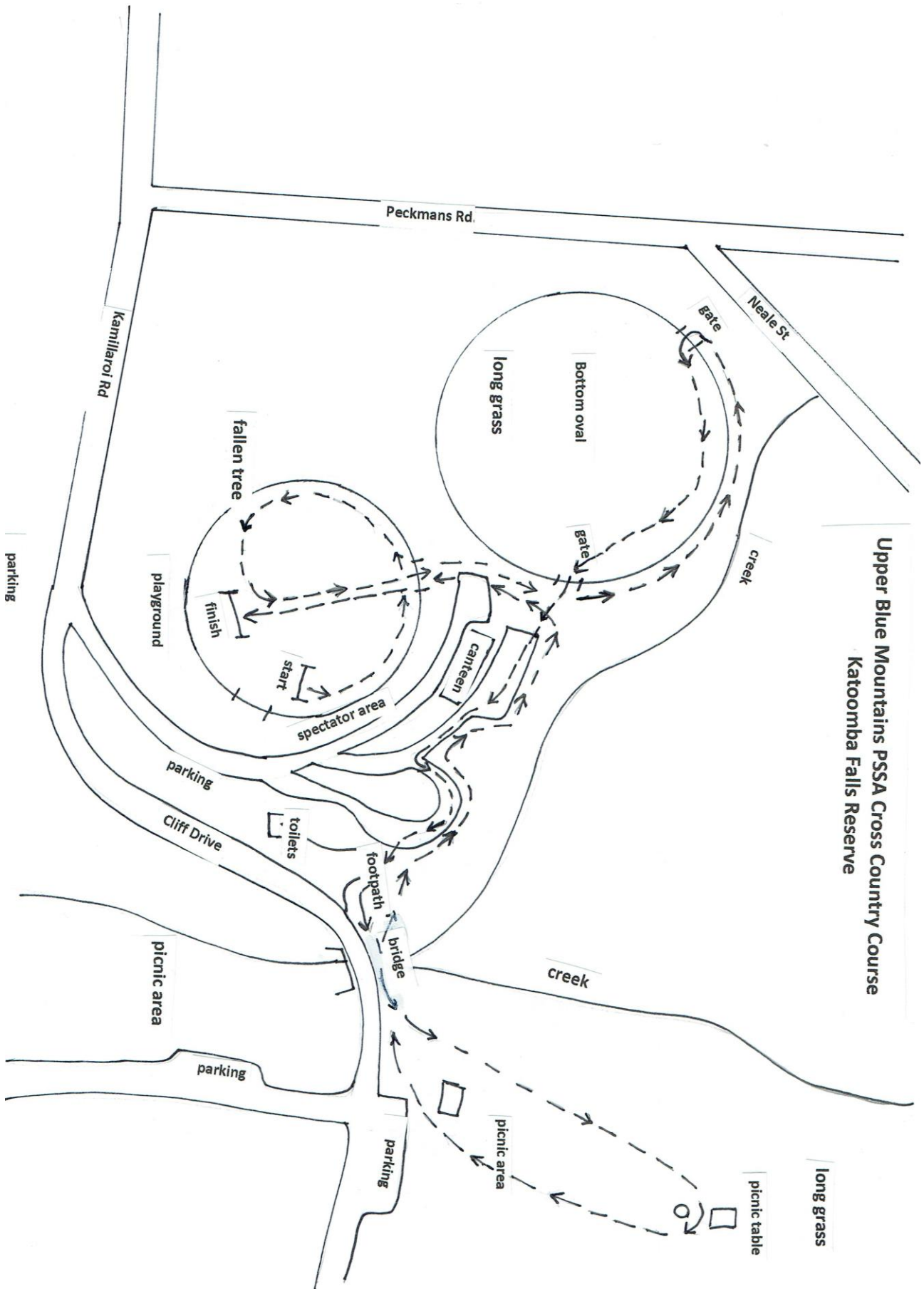
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Upper Blue Mountains PSSA Cross Country Course
Katoomba Falls Reserve