



COVID 19 - Alert 1

[Practicing good public health measures](#)



Upper Clutha Zone Cross Country

Date: Tuesday 14 September 2021

Postponement Day: Thursday 16 September 2021

Time: 12:30pm – 2:30pm

Venue: [Lake Hawea Holiday Park](#)

Event Coordinator: Tom Merrell – Hawea Flat School

- Conditions of Entry:**
1. Year 5 and 6 races will run separately, i.e. separate year groups and gender.
 2. Year 7 and 8 races will be combined, i.e. Year 7 and 8 Girls Race, then the Year 7 and 8 Boys Race; but results will be separate.
 3. All runners need to be able to run the distance comfortably without stopping.
 4. Individual schools can enter a maximum of 12 boys and 12 girls from each year group.

POSTPONEMENTS

- The cross country will only be postponed if weather and road conditions are really bad – please refer to COPSSA Postponement and Cancellation Policy.
- School Sports Coordinators will be emailed if postponed and individual schools will need to inform parents.

COURSE

- Lake Hawea Holiday Park - good trail running.
- Course Distance - approximately 2 km for all year groups.
- Refer Course Map on Page 3.

RUN SHEET

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| <ul style="list-style-type: none"> ▪ 12:30pm ▪ 12:45pm ▪ 1:00pm | <p>Event Briefing</p> <p>Walk the track (All participants and marshals)</p> <p>Races Commence (refer order below)</p> <ul style="list-style-type: none"> ⇒ Year 5 Girls ⇒ Year 5 Boys ⇒ Year 6 Girls ⇒ Year 6 Boys ⇒ Year 7 & 8 Girls ⇒ Year 7 & 8 Boys |
| <ul style="list-style-type: none"> ▪ 2:15pm | <p>Announcement of results</p> |

OTHER INFORMATION

- Catering:** Hawea Flat School will be operating a BBQ with sausages available for purchase - \$2.50 each. Tea & coffee also available (*no charge*).
- Toilets:** Available onsite.
- First Aid:** We will have a designated First Aider onsite.
- Parking:** Will be sign posted (*close to the lake*)
- Marshals:** Schools will be required to provide marshals - Hawea Flat School will coordinate this.

2021 Upper Clutha Cross Country Course

