CIC INVITATIONAL CROSS COUNTRY MEET 4
Friday 20 May

The fourth invitational CIC Cross Country Meet of 2011 will be hosted by MBBC at our College campus on Friday 20 May from 4:00pm.

Program and Course

<table>
<thead>
<tr>
<th>Time</th>
<th>Age Group</th>
<th>Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:10 pm</td>
<td>Under 10</td>
<td>2000m</td>
</tr>
<tr>
<td>4:25 pm</td>
<td>Under 11</td>
<td>2000m</td>
</tr>
<tr>
<td>4:40 pm</td>
<td>Under 9</td>
<td>1500m</td>
</tr>
<tr>
<td>4:50 pm</td>
<td>Under 12 and 13</td>
<td>3000m</td>
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</tbody>
</table>

The course will incorporate a variety of surfaces and terrain, around the school campus and through the Nature Refuge. Runners must wear shoes.

The course will start/finish from the Main Oval and will be 2 laps for the 2km and 3km race and 1 lap for the 1500m race.

Placing and Results

There are no limits to the number of competitors per age group, however each school is responsible for collating their own record keeping and results.

Schools are required to register their arrival on the Main oval, and muster their students ready to run at the required time. To avoid delays, we ask that runners arrive ready to participate.

A first aid medic will be on hand for this event however schools should provide their own basic first aid kit.

Parking for buses and parents

- Parking will be at premium, with priority given to school buses, which can drop off students and then exit the grounds.
- Charter buses are asked to not enter the college grounds, but to drop students off safely on Manly Road (using the public bus stop) outside the school gates and park along Manly Road.
- Parents are welcome to park inside the school and when all car park spaces are filled, to park along Radford Road – please observe all parking limitations.

We look forward to hosting you this week.

Jack Pincott
Primary School Sports Coordinator

Email: pincottj@mbbc.qld.edu.au
Telephone: 0401 694509
2km Course (each lap is 1 km)

1.5km and 3km Course (each lap is 1.5 km)