



PARRAMATTA DIOCESAN CROSS COUNTRY 2023

Wednesday 10th May @ Sydney Motor Sports Park

Sydney Motorsport Park venue open for students, parents and spectators at 7.30am

Eastern & Western Officials check-in @ 7:45am

EASTERN REGION - Cumberland & Hills Zone

WESTERN REGION - Blacktown & Nepean Zone

Walk the course - 2km and 3km

Start walk the course **8.50am**

Gate closed **9.00am**

Walk the Course Completed **9.30am**

**No student will be permitted on the course at this time unless supervised by a school/teacher representative.
Teachers/Age Managers are to supervise their school team during the Walk the Course.**

EVENT	REGION	GENDER	AGE GROUP	DISTANCE	START TIME	MARSHALL TIME (20 minutes prior)
1	Eastern	Boys	12/13 Years	3km	10:10am	9:50am
2	Eastern	Girls	12/13 Years	3km	10:20am	10:00am
3	Western	Boys	12/13 Years	3km	10:30am	10:10am
4	Western	Girls	12/13 Years	3km	10:40am	10:20am
5	Eastern	Boys	11 Years	3km	10:50am	10:30am
6	Eastern	Girls	11 Years	3km	11:00am	10:40am
7	Western	Boys	11 Years	3km	11:10am	10:50am
8	Western	Girls	11 Years	3km	11:20am	11:00am
15	Eastern	Boys	10 Years	2km	11.30pm	11:10am
16	Eastern	Girls	10 Years	2km	11.40pm	11:20am
13	Eastern & Western	Boys	MC* 8/9,10,11,12/13 Years	2km	11:40am	11:20am
14	Eastern & Western	Girls	MC* 8/9,10,11,12/13 Years	2km	11:40am	11:20am
17	Western	Boys	10 Years	2km	11.50pm	11:30am
18	Western	Girls	10 Years	2km	12.00pm	11:40am
9	Eastern	Boys	8/9 Years	2km	12:10am	11:50am
10	Eastern	Girls	8/9 Years	2km	12:20am	12:00pm
11	Western	Boys	8/9 Years	2km	12:30am	12:10pm
12	Western	Girls	8/9 Years	2km	12:40pm	12:20pm