**BICENTENNIAL PARK – TSS CROSS COUNTRY COURSE - 2023**

Ross River

 **13 14A**

 **14**

 **15**

WS **10** bridge  **3** bridgebridge

 **2**

 **11**  **1** H

O **9** H

U O

S 8 **12** U

E **START** S

S E

Marshall Area

 **4 S**

Covered

Area

 HILL **16**

  **5**   **17**

 **FINISH**

 power box **18** 10 yrs – 2Km

H

O 11/12 yrs – 3Km

U Toilets

S

E **6**

S CAR PARK

 HOUSES no parking

 **7** **20** **19**

Hut

Driveway

QUEENS ROAD

# **Checkpoint Supervisor Positions TSS CROSS COUNTRY 2023**

At each checkpoint there shall be a post or a numbered cone with that number printed clearly on it.

White markers on right, red markers on left.

|  |  |
| --- | --- |
| POST # | **Person on POST is to direct all students:** |
| **\*1** | Temporary Cone – Runners to merge onto narrower course, run between markers |
| **\*2** | (Bridge) run between the markers white on your right |
| **\*3** | coming from Post 2 to go up the hill (left turn) |
| **\*4** | to run down the hill (straight ahead) |
| **\*5** | 3 km towards the billabong, divert 2km runners across to 8 (follow yellow markers) |
| **6** | to run parallel to the billabong |
| **7** | to turn right onto the path and follow the markers next to path |
| **8** | to follow the markers (look for 2km runners coming across) |
| **\*9** | to turn right and go past water stop (in between Post 9 & 10) |
| **WS** | Water Stop |
| **\*10** | up the hill (right turn) |
| **\*11** | to continue running straight ahead (running on top of hill) |
| **\*12** | down the hill to the park/river (left turn) |
| **13** | to turn right and run along the path towards softball area. |
| **14** | Follow markers, white on your right (watch runners in both directions) |
| **\*14A** | 2km turn and follow yellow markers to finish line |
| **15** | to turn right and run towards Queens Rd. |
| **16** | to turn right (approx 90°) and run towards the line of trees (Post 17) |
| **17** | All runners who are finishing are to be directed straight ahead to the finish. |

**\*Temporary Cones**