



THE SCOTS COLLEGE

Cross country 2023



We welcome you to attend the Scot's Cross Country Invitational at Upjohn Park.
Looking forward to a great race. Please note: Walk the Course at 8:30am.

EVENTS

Events	Distance	Laps	Start
U14	Approx 3.8km	2	9:00am
U16	Approx 5.7km	3	After U14
Open	Approx 7.6km	4	After U16

OTHER DETAILS

- + Facilities
Fixed toilets on site, refer to map for specifics
- + Parking
There is parking on the Roads around the Park. Please refer to map for specifics.
- + Footwear
- Suitable footwear to be worn

NOTES

- + Runners must keep cones to their left. Please keep on, close to the marked 'Course line'. There will be officials out on the course checking runners are adhering to this.
- + BIB numbers must be clearly visible on the front of each athlete's singlet
- + First aid will be provided near the scoring area, throughout the event

**Saturday
3rd June
2023**

VENUE

Upjohn Park, Rydalmere

HOSTS

Scots

AAGPS

CONVENOR

Mr Jeremy
Longworth

GROUND

COMMITTEE

1. Mr Jeremy
Longworth
2. Mr Michael Spratt

CONTACT

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COURSE MAP

