



SHARE OUR PASSION FOR **SPORT**

2020 Inter-House Cross Country Program

Wednesday 11 March 2020

...because learning is at the heart of everything we do.

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CONCORDIA
LUTHERAN COLLEGE

2020 Inter-House Cross Country

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2020 Sport Captains

HUME STREET CAMPUS	WARWICK STREET CAMPUS	STEPHEN STREET CAMPUS
Madeleine Busiko	Casey Rickert Ava Hopper	Tiarna Jericho Will Cox

2020 House Captains

CAMPUS	ALTUS	KESSLER	STEDMAN
HSC	Izabella Tape William Eastman	Paige Cullinan Savanna Flanagan	Oliver Whitney Torin Edwards
WSC	Angelique Lindenmayer Miranda Dunlop	Nathan Loughlin Elliott Frost	André Oosthuizen Luca Blyth
SSC	Ashley Pailthorpe Bailey McNamara	Grace Trenaman Casey Linke	Sara Woodside Logan Wobwein

Order of Events

HSC and WSC	SSC
• Kindy Kids – When they arrive	• 16-19 Years Girls – 9am
• 5 Years Girls – 9am	• 16-19 Years Boys – 9.20am
• 5 Years Boys – 9.05am	• 15 Years Boys / Girls – 9.40am
• 6 Years Girls – 9.10am	• 14 Years Boys / Girls – 9.55am
• 6 Years Boys – 9.15am	• 13 Years Boys / Girls – 10.15am
• 7 Years Girls – 9.20am	Morning Tea – 10.30am
• 7 Years Boys – 9.25am	• 12 Years Boys / Girls – 11am
• 8 Years Girls – 9.30am	• 11 Years Boys / Girls – 11.20am
• 8 Years Boys – 9.35am	• 10 Years Boys / Girls – 11.40am
• 9 Years Girls – 9.40am	
• 9 Years Boys – 9.45am	
Morning Tea: 10-12 Year old students from WSC and HSC will walk/bus to SSC for their events	

Inter-House Cross Country Distances

- Kindy Kids run 1 lap of oval (approximately 300m)
- Boys/Girls 5-7 Years run 1 lap of the HSC or WSC circuit (500m)
- Boys/Girls 8-9 Years run 2 laps of the HSC or WSC circuit (1km)
- Boys/Girls 10-13 Years run 1 lap of the SSC circuit (2km)
- Boys/Girls 14-15 Years run 2 laps of the SSC circuit (4km)
- Girls 16-19 Years run 2 laps of the SSC circuit (4km)
- Boys 16-19 Years run 3 laps of the SSC circuit (6km)

The Points

The Kindy Kids will just run for the fun of it. For all other age groups:

1st - 20 points

2nd - 17 points

3rd - 14 points

4th - 11 points

5th - 8 points

6th - 5 points

7th and after - 1 point

Representative Cross Country Distances

- Boys/Girls 10 Years run 2km at the Central Zone and Darling Downs Regional Carnivals
- Boys/Girls 11-12 Years run 3km at the Central Zone and Darling Downs Regional Carnivals
- Boys/Girls 13 Years run 3km at the Darling Downs Regional Carnival
- Boys/Girls 14-15 Years run 4km at the Darling Downs Regional Carnival
- Girls 16-17 Years run 4km at the Darling Downs Regional Carnival
- Boys 16-17 Years run 6km at the Darling Downs Regional Carnival
- Girls 18-19 Year run 6km at the Darling Downs Regional Carnival
- Boys 18-19 Years run 8km at the Darling Downs Regional Carnival

Age Champions

Age Champion medallions will be presented to 1st, 2nd and 3rd placegetters across all age groups. Medallions will be presented after the event.

HSC & WSC PROGRAM

The Start

The races will begin in front of the cricket nets at HSC and on the far side of the oval at WSC. The students will be marshalled to the cricket pitch prior to this at WSC and onto the oval area at HSC for stretching and a warm up. All the students must go to the recording tables once finished to receive points for their house regardless of where they place.

Checkpoints

Please position Year 6 students and parents around the course. Particularly important points at different driveways at SSC.

The Finish

Students must return to the Recorder's Tent at the completion of their race to receive points. At the finish competitor will receive a Zooper Dooper.

Bus Travel and Permissions

HSC 10-12 year old students to be transported by College Bus, departing at 10.20am and return 12.10pm.



SSC PROGRAM

Under 10-Open

TIME	AGE GROUP	DISTANCE
8.30am	Lesson 1 (mark roll): and attend House Tents at 8.40am	
9am	U16-19 Girls	4KM
9.20am	U16-19 Boys	6KM
9.40am	U15 Boys and Girls	4KM
9.55am	U14 Boys and Girls	4KM
10.15am	U13 Boys and Girls	2KM
10.30am	Years 8-12 go to morning tea then attend lessons 3-6 SSC staff go to morning tea and lessons 3-6	
11am	U12 Boys and Girls	2KM
11.20am	U11 Boys and Girls	2KM
11.40pm	U10 Boys and Girls	2KM
12.10pm	SSC U12 Boys and Girls and Year 10 Sport Science students go to lesson 4	

Rules and Conditions

1. All runners who finish will score a point for their house
2. Runners must stay on the course at all times and follow directions of staff
3. Fifty Bonus Spirit Points will be awarded to the House with the best team spirit at the event.

Wet Weather

In the event of wet weather, information will be posted on the App and normal academic classes will continue.



Map

All areas of the school that are not part of the running track are out of bounds for the duration of cross country.





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LUTHERAN COLLEGE

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QUEENSLAND

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