



# CULLEN POINT RUN

4 July 2014

5 & 6 Year Olds	(A)	Trig Hill Climb	970 m
7 & 8 Year Olds	(B)	Trig Hill Extra	1290 m
9 & 10 Year Olds	(C)	Short Loop	2540 m
11 & 12 <sup>+</sup> Year Olds	(D)	Full Loop	3300 m

## All Children Need

- Registered **number** on their left leg
- Sensible (old) **footwear** for running (usual school wear for before/after)
- Suitable **running clothes** (shouldn't get grubby bar the odd splatter - no jeans/longs)
- A small **towel**
- **Fluid/s**
- **Snack** type food and **lunch**
- **Warm clothing** for before/after  
(wind-proof parka would be great also spare socks and beanie)

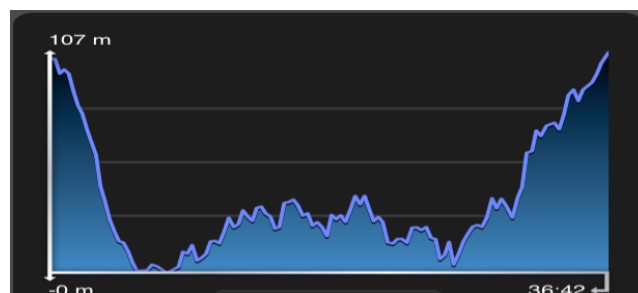
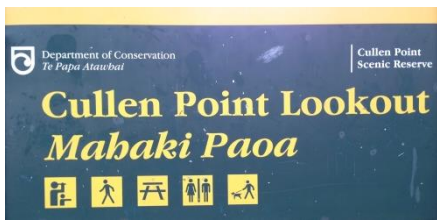
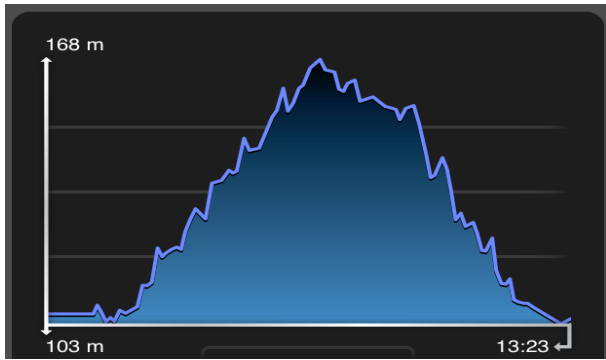
## Transport/Marshalls

With a \$150 plus quote for the bus we have decided to prevail upon your collective kindness and ask if you could make yourselves and vehicles available to get us all there and/or back. We also need at least six parent/adult volunteers to help run the event. Please complete and return the form below if you can offer help with transport and/or marshalling.

## Timetable

We anticipate everyone being on site at Cullen Point by noon and being back at school by about 14:30.

11:30	Assemble in the hall - students ready to run but with warm tops on - all other gear/lunch etc in own bag Briefing - Allocate vehicles - Depart
12:00	Assemble in marshalling area Group D and volunteers deployed to stations on Trig Hill Climb Group A checked against log Group A away (Stopwatch started) Group B taken to Start Point (Loop Track - seat on hairpin) Group B started as soon as last Group A runners are in (Stopwatch started) As last Group B runner finishes Group D and volunteers return to marshalling area
12:45	Groups A and B have lunch Group C walks to Start Point (Loop Track - lowest point - Telecom marker) Group D marshalled just above finishing chute Groups C and D started simultaneously (Stopwatch started)
13:15	First runners arriving back (lunch/drink on return)
14:45	Last runners arrive back
14:00	All runners accounted for
14:10	Place getters (1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup> ) in the sixteen categories announced Group/s and school photographs
14:20	Return to school
14:30	Parents present may take their own children home but please notify class teacher first
15:00	School closes for Term 2





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## TRANSPORT / VOLUNTEER RETURN SLIP



Name: \_\_\_\_\_

I am able to help on Friday 4 July and can transport \_\_\_\_\_ children including my own. The vehicle is registered (licence plate # \_\_\_\_\_) and has a current warrant of fitness.

My driver's licence # is \_\_\_\_\_.

Please circle Volunteer if you can help during the event.

Signed: \_\_\_\_\_

Home phone: \_\_\_\_\_ Cell phone: \_\_\_\_\_