

## IGSSA Cross Country Instructions Specifically for Parents and Spectators

The Cross Country Carnival commences at 2.45pm with presentations at 4.20pm.

Runners depart in age groups as follows:

2.45pm- Year 7	3.30pm - Year 10
3.00pm - Year 8	3.45pm – Years 11 & 12
3.15pm - Year 9	(Marshalling 15 minutes prior to event)

Car parking for parents and spectators is available at car parks around Alderbury Reserve. Street parking is also available in the residential area to the east of Alderbury St in marked areas only. Town of Cambridge rangers will allow Parking on Perry Lakes drive for the duration of the event. Buses will be parking on Alderbury St – no spectator cars to park here. Please **do not** Park in the Bold Park carpark at the entrance of Perry Lakes Drive.

*Please note that the entrance road to the YMCC Club rooms will be closed from 2.15pm until 4.10pm . Anybody entering before 2.15pm will not be able to leave until after 4.10pm .*

**Parents may not go out onto the course & interaction with runners is not allowed during the event (or the runner may risk disqualification) No bikes are allowed out onto the course. The nominated spectator areas are only at the start and finish areas on Alderbury Reserve.**

### IGSSA Cross Country Course Map

The yellow line shows the 3km course and the red line shows the 4km course  
Spectator area outlined in orange.

