

Attachment 2: IGSSA Cross Country Instructions Specifically for Parents and Spectators

The Cross Country Carnival commences at 12.40pm with presentations at 2.30pm.

Runners depart in age groups as follows (& to marshal 15 mins prior to start time):

12.40pm - Year 7	1.40pm - Year 10
1.00pm - Year 8	2.00pm – Years 11 & 12
1.20pm - Year 9	

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 12.15pm. Anybody entering before this time will not be able to leave until after 2.20pm

Parents / Coaches may only go out onto the designated areas of the course (on Aldebury reserve and around the East lake) – see area on map shaded in green below.
NO BIKES are allowed on the course (coaches / parents)
No parents / coaches are to run alongside runners (or the runner will risk disqualification)

IGSSA Cross Country Course Map

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

