



## WHOLE SCHOOL CROSS COUNTRY CARNIVAL 2023

Dear Parents/Guardians,

Our annual school cross country carnival will be held on **Friday 31<sup>st</sup> March 2023**. In the case of unsuitable weather, Monday 3rd April 2023 is allocated as our back up day.

All students from Kindergarten to Year 6 are invited to participate in the event, with students turning 8 years of age and beyond eligible for Wallarah Zone Cross Country selection. Participation is not compulsory, but it is highly encouraged. Each runner will receive an ice block after the race and earn points towards their sports house.

Students running in the Cross Country are encouraged to dress in their house colours and wear safe and comfortable shoes suitable for the distance and terrain. All students **MUST** wear sunscreen, a sun-safe hat and bring their own drink bottle, whether they are running or not.

All spectators are welcome to attend.

The first 6 placegetters are eligible to represent the school at the Wallarah Zone Cross Country on Friday 19<sup>th</sup> May 2023  
All runners will run at Zone in the below age groups.

**Running Schedule:** *Please note this schedule is only a guide*

| Approx Time                              | Event   | Approx. Distance   |
|--|---|--------------------|
| Before the event                         | Walk the track:<br>ALL students in Years 3-6, including 8 year old runners. | 600m               |
| 9:30 am                                  | Kindergarten Boys and Girls   | 2 laps of the oval |
| 9:45 am                                  | Year 1 and Year 2 Boys and Girls  | 3 laps of the oval |
| 10:10 am                                 | 8/9 yrs. Boys   | 2000m (3 laps)     |
| 10:25 am                                 | 8/9 yrs. Girls  | 2000m (3 laps)     |
| 10:40 am                                 | 10 yrs. Boys  | 2000m (3 laps)     |
| <b>Break for Recess (if time allows)</b> |   |                    |
| 11:40 am                                 | 10 yrs. Girls   | 2000m (3 laps)     |
| 11:55 am                                 | 11 yrs. Boys  | 3000m (4 laps)     |
| 12.10 pm                                 | 11 yrs. Girls   | 3000m (4 laps)     |
| 12:30 pm                                 | 12/13 yrs. Boys   | 3000m (4 laps)     |
| 12.45 pm                                 | 12/13 yrs. Girls  | 3000m (4 laps)     |

Please stay up to date with weather conditions and generation communication via Facebook, Instagram, Skoolbag App and our newsletter.

Mitchell Morley and Olivia Ward  
**Cross Country Coordinators**

Nathan Forbes  
**Principal**