



WHOLE SCHOOL CROSS COUNTRY CARNIVAL 2021

Dear Parents/Guardians,

Our annual school cross country carnival will be held on **Friday 30th April 2021**. In the case of unsuitable weather, Wednesday 5th May 2021 is allocated as our back up day.

All students from Kindergarten to 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.

For the day to run smoothly, we require some parent helpers to supervise the course. If you can help out on the day, please fill in the form and return it to the office by Wednesday, 28th April. Parent helpers are encouraged to bring a fold-out chair and sun protection as you may be on the course for some time.

Spectators are welcome. However, due to current COVID social distancing guidelines, we can only permit 2 spectators per family.

The first 6 placegetters are eligible to represent the school at the Wallarah Zone Cross Country on Friday 21st May 2021. 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: ALL students in Years 3-6, including 8 year old runners.	600m
9:30 am	12/13 yrs Boys	3000m (4 laps)
9:45 am	12/13 yrs Girls	3000m (4 laps)
10:10 am	11 yrs Boys	3000m (4 laps)
10:25 am	11 yrs Girls	3000m (4 laps)
10:40 am	10 yrs Boys	2000m (3 laps)
Break for Recess (if time allows)		
11:40 am	10 yrs Girls	2000m (3 laps)
11:55 am	8/9 yrs Boys	2000m (3 laps)
12.10 pm	8/9 yrs Boys	2000m (3 laps)
12:30 pm	Year 1 and Year 2 Boys and Girls	3 laps of the oval
12.45 pm	Kindergarten Boys and Girls	2 laps of the oval
Conclusion of Event		

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

Todd Johnson and Renée MacPherson
Cross Country Co-Ordinator's

Nathan Forbes
Principal

Parent Helper Nomination

I, _____, will be able to assist on the day. Best contact number _____

Child's name _____ Child's Class _____