2013 HOUSE CROSS COUNTRY

Dear Parents,

On Wednesday 8 May 2013, Grade 3 – 6 students will be involved in the House Cross Country Competition at Nettleton Reserve, Glen Iris. In the event of poor weather, a backup date of Friday 10 May 2013 may be used if necessary.

All children are expected to be involved, and if necessary, can enjoy the run or mix it with a power walk. The emphasis is on participation while being involved in a fit and healthy activity. Please encourage your child’s participation. The children (only grade 4 – 6) finishing in the top 10 places may have the opportunity to go onto the District Competition if they can run the circuit adequately. The course map is available on the GIPS website.

All students will be leaving school at 9am and walking to Nettleton Reserve and they will be back for the start of lunchtime.

Children need to have:
- appropriate shoes, shorts, t-shirt, track pants and windcheater
- a big breakfast before school
- drink bottle/s
- a plastic bag to bring a snack and sit on if the ground is wet
- sunscreen & hat

Children are encouraged to wear their HOUSE team colours. NO face paint or dyed hair please!

The cost of the House Cross Country is $1 per student, although if you have paid the excursion levy, or previously paid your $1 then you are not required to pay again.

As with all school events, we need parental help. Scorekeepers, place judges and track officials are some of the jobs needed. Having adults around the track is very important! Your assistance is vital for the event to run. Please return the permission form by Friday 3 May.

Regards
Natasha Williams

2013 HOUSE CROSS COUNTRY

I consent to my child, __________________________ Grade ______ participating in the House Cross Country Event at Nettleton Reserve, Glen Iris and walking to and from the event on Wednesday 8 May 2013 or Friday 10 May 2013 (backup date). I hereby authorise the teacher in charge to seek medical attention and where necessary any hospital treatment or ambulance transport in case of an emergency and accept responsibility for any costs incurred.

Payment for the excursion will be made as indicated below:
I have previously paid the $1 or excursion levy □ OR
I have enclosed $1.00 to cover excursion □

Parent’s Name: ____________________________________________

Parent’s Signature: ___________________________ Date: ____________

Emergency contact numbers ___________________________; __________________________

I, ___________________________ can help out on the day.

(Name)

Contact email: ____________________________________________

I can help with (please circle one or more): Scoring  Marshalling  Judging
2013 HOUSE CROSS COUNTRY RUNNING SHEET

Please note: Times are only approximate!

<table>
<thead>
<tr>
<th>TIME</th>
<th>AGE GROUP</th>
<th>DISTANCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.30am</td>
<td>Grade 3 Girls</td>
<td>850m</td>
</tr>
<tr>
<td>9.50am</td>
<td>Grade 3 Boys</td>
<td>850m</td>
</tr>
<tr>
<td>10.10am</td>
<td>9/10 yr old Girls</td>
<td>2km</td>
</tr>
<tr>
<td>10.30am</td>
<td>9/10 yr old Boys</td>
<td>2km</td>
</tr>
<tr>
<td>10.50am</td>
<td>11 yr old Girls</td>
<td>3km</td>
</tr>
<tr>
<td>11.10am</td>
<td>11 yr old Boys</td>
<td>3km</td>
</tr>
<tr>
<td>11.30am</td>
<td>12/13 yr old Girls</td>
<td>3km</td>
</tr>
<tr>
<td>11.50am</td>
<td>12/13 yr old Boys</td>
<td>3km</td>
</tr>
<tr>
<td>12.10pm</td>
<td>Children walk back to school</td>
<td></td>
</tr>
</tbody>
</table>

PLEASE NOTE: If the weather is poor and the event is cancelled it will be held on Friday 10 May 2013.

Cross Country Map - Nettleton Reserve
Wednesday 8 May 2013

Running Tracks

Grade 3's start at the X and run through the finish line once and then complete one lap of the dotted red line -- -- and to the finish line ★ this is 850m.

9/10 yr olds start at the ★ and complete one lap of the red dotted line -- -- and then one lap of the black dotted line -- -- and to the finish line ★ this is 2kms

11 & 12/13 yr olds start at ★ and complete two whole laps of the black dotted line -- -- and to the finish line ★ this is 3kms

MAP LEGEND

- Start Grade 3's
- Start 9/10 yr olds
- Start 11yr olds
- Start 12/13 yr olds
- Finish line for all
- Garden bed
- Pavilion
- Track Marshals