

2018 HOUSE CROSS COUNTRY

Dear Parents,

On **Tuesday 1 May 2018**, Grade 3 – 6 students will be involved in the House Cross Country Competition at Nettleton Reserve, Glen Iris.

All students 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 students finishing in the top 10 places may have the opportunity to go onto the District Competition if they can run the circuit adequately. Please note that age groups are based on what age students are as of 31st December 2018 and not their current age.

All students will be leaving school at 9am and walking to Nettleton Reserve. Students will return for lunchtime. All students are requested to bring their belongings in a labelled bag which they will be responsible for looking after and carrying to and from the event.

Children need to have:

- appropriate shoes, shorts, t-shirt , track pants and windcheater
- had a big breakfast before school
- any medication/s (e.g. puffer)
- sunscreen & hat
- drink bottle/s
- a healthy snack with minimal waste
- a plastic bag to bring a snack and sit on if the ground is wet

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

There will be no payment required for this event.

Parental/Guardian Consent is required. Please provide online consent for this event by logging into Compass.

As with all school events, we need parental help. Some of the jobs needed are: setting up before the event, scorekeepers, place judges and track marshals. We require at least 25 parent helpers for this day to be a success!

If you are able to assist on the day of the event please log on to Compass and respond via Insights.

Parent Assistance - Please note that a current Working with Children Check is required when volunteering to help.

Please return the permission form by **Friday 27 April at the latest.**

Regards
Nathan Gilliland

2018 HOUSE CROSS COUNTRY RUNNING SHEET

Please note: Times are only approximate! Grade 3 students can choose either the 850m run or 2km run. They are unable to do both. Students that are 8 years of age can do the 2km run however, are unable to qualify for the District Cross Country.

TIME	AGE GROUP	DISTANCE
9.30am	arrive	
9.50am	Grade 3's	850m
10.10am	9/10 yr old Girls	2km
10.30am	9/10 yr old Boys	2km
10.50am	11 yr old Girls	3km
11.10am	11 yr old Boys	3km
11.30am	12/13 yr old Girls	3km
11.50am	12/13 yr old Boys	3km
12.10pm	Children walk back to school	

Cross Country Map- Nettleton Reserve



Running Tracks

Grade 3 start at the ✖, run through the finish line and then complete one more lap of the red - · - · dotted line =850m.

9/10 yr olds start at the ☆, complete one lap of the red - - - dotted line and then one lap of the - - - - dotted line to the finish line ☆ = 2kms.

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

Map Legend

- ✖ - 850m start line
- ☆ - 9/10yr old, 11yr old and 12/13yr old start line and finish line
- ▭ - Pavilion
- - flower bed
- ▣ A - Marshal Station