



21 April 2017

## **2017 HOUSE CROSS COUNTRY**

Dear Parents,

On **Wednesday 3 May 2017**, Grade 3 – 6 students will be involved in the House Cross Country Competition at Ferndale Park, Glen Iris. In the event of poor weather, a backup date of Wednesday 10 May 2017 may be used.

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 31<sup>st</sup> December 2017 and not their current age. The course map & program will be available on the GIPS website.

All students will be leaving school at 9am and walking to Ferndale Park. 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.**

As with all school events, we need parental help. Some of the jobs needed are: set up before the event, scorekeepers, place judges, track marshals, a parent that is able to ride their bike behind the last students in each event (Please specify on the form below if you are able to ride your bike). Having adults around the track is very important and we require at least 20 parent helpers for this day to be a success! Please return the permission form by **Friday 28 April at the latest**.

Regards

Nathan Gilliland

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### **2017 HOUSE CROSS COUNTRY**

I consent to my child, \_\_\_\_\_ Grade \_\_\_\_\_ participating in the House Cross Country Event at Ferndale Park, Glen Iris and walking to and from the event on **Wednesday 3 May 2017 or Wednesday 10 May 2017 (backup date)**. I authorise the teacher in charge of the excursion to consent, where it is impracticable to communicate with me, to the child receiving such medical or surgical treatment as may be deemed necessary.

Parent's Name: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Emergency contact numbers \_\_\_\_\_ ; \_\_\_\_\_

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

I, \_\_\_\_\_ can help out on the day.  
(Name)

Contact email: \_\_\_\_\_

## 2017 HOUSE CROSS COUNTRY RUNNING SHEET

Please note: Times are only approximate! Grade 3 students can choose either the 800m 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	800m
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	

1km = One complete lap of the circuit 1-10

- Grade 3 girls and boys will complete two laps of the oval
- 9/10 yr old girls and boys will complete two laps of the circuit
- 11/12/13 yr old girls and boys will complete three laps of the circuit.

