2016 HOUSE CROSS COUNTRY

Dear Parents,

On **Tuesday 3 May 2016**, 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 **Tuesday 10 May 2016** 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 31st December 2016 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 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
- drink bottle/s
- had a big breakfast before school
- any medication/s (e.g. puffer)
- a healthy snack with minimal waste
- 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.**

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 25 parent helpers for this day to be a success! Please return the permission form by **Tuesday 26 April at the latest**.

Regards

Nathan Gilliland

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2016 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 **Tuesday 3 May 2016** or **Tuesday 10 May 2016** (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: ___________________________
2016 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.

<table>
<thead>
<tr>
<th>TIME</th>
<th>AGE GROUP</th>
<th>DISTANCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.30am</td>
<td>arrive</td>
<td></td>
</tr>
<tr>
<td>9.50am</td>
<td>Grade 3’s</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>

Running Tracks

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

9/10 yr olds start at the ⭐, complete one lap of the - - - , 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
- Marshal Station

Website: www.gips.vic.edu.au