

Middle and Senior School Cross Country

Dear Parents

The Middle and Senior School Cross Country will be held on Wednesday 18 March (Week 8). The competitive races will be held in the morning immediately following Form Class – all students are encouraged to race to gain points for their House. At 10am all students will return to their scheduled classes until 2nd Break.

In the afternoon session there will be a range of House-based rotations/activities on the oval, which will be compulsory for all students. The program of events is as follows:

MORNING SESSION – COMPETITIVE RACES:

TIME	AGE GROUP	DISTANCE	DETAILS
9.00am	12/13 Years Boys & Girls	3km	1km Loop + 2km Loop
	16/17/19 Years Boys	5km	1km Loop + 2 x 2km Loops
9.10am	14/15 Years Boys & Girls	4km	2 x 2km Loops
	16/17/19 Years Girls		

*** back to class at 10am (extended P4)***

AFTERNOON SESSION:

ROTATIONS (Stage-based)	
1	Relay races
2	Standing Long Jump + Fly
3	Tug-o-war
3.00pm	Presentations

Students are permitted to wear their House-based sports uniform to and from school on this day. Parents and family members are most welcome to attend to cheer on the students (please sign in at the office). In saying this, please note that if we reasonably consider that a spectator is engaged in photography of an inappropriate nature, we will ask them to desist and/or leave the premises. If the photographer is obstructing the smooth running of the carnival, they will be asked to stop.

The Pacific District Cross Country Trials will be held in Week 4 of Term 2 (Wednesday 13 May). These trials are for our more serious runners who would like to qualify for the District Team and then go on to the Regional Trials later in Term 2. We are limited to the number of competitors at these trials, so the fastest 3 boys and 3 girls (per age group) from our College Cross Country will be invited to attend. More information regarding these trials will be distributed after our College event.

Yours in Sport

Mr. Chris Paech
Head of Sport (P-12)