

School Cross Country 2023- Friday, 31st March 2023

Dear Parents,

The school cross country competition will be held on Friday, 31st March. This event is our competitive selection process for participation in the Primary School Sports Association's (PSSA) Cross Country Championship. All NSW schools hold a school-based competition for this event for students from the year they turn 8 and onwards. This age constraint is consistent across all PSSA sporting pursuits.

The event will begin at 1pm starting with 8/9 boys. Girls and boys will run in separate races.

The program for the day will be:

2km race

8/9 boys

8/9 girls

10 boys

10 girls

3km race

11 boys

11 girls

12/13 boys

12/13 girls

On Tuesday prior to the event, all children will walk the route in preparation for the event on Friday. The first 6 students across the line from each age group, boys and girls, will go on to compete at the District level of competition. From there, successful competitors go on to compete at the Regional level and if successful the State level of competition.

Students in Year 2 who are 8 or are turning 8 in 2023, may compete in the 8/9 year event completing a 2km run. We recognise that some students in Year 2 who turn 7 in 2023 would also like the opportunity to compete, but unfortunately, they are not eligible to participate competitively in this PSSA competition. A K-2 race will be held within the school grounds from 12:15pm-12:45pm on Friday, 31st March. Parent helpers would be appreciated on the day and if you would be interested in helping could you please fill out your details on the permission slip.

Please complete the attached permission slip and return to school by Friday, 24th March.

Regards,

Kim Eggleton
Classroom teacher
10/03/2023



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Cross Country Permission Note 2023

I give my child _____ in Class _____ permission to participate in the Cross Country Run to be held on Friday, 31st March. A practice walk of the route will be undertaken on Tuesday, 28th March.

I understand that this activity requires my child to travel outside of school grounds with teacher supervision.

My child is turning _____ years old this year.

Medical Information

Does your child suffer from any medical condition? (asthma, diabetes, epilepsy, etc) Please note details of any medical management program that staff may need to be aware of.

Give details of any medication (and dispensing routine) that your child is currently taking.

Give details of any allergy your child has to common foods, plants, insect bites, medications (eg Penicillin)

In what year was your child last immunised against tetanus?

Is there any other health related information that we may need to be aware of that may impact on any of the activities undertaken during this activity?

Parent Helpers

I am able to help on a checkpoint during the Primary Cross Country Race:

Name: _____

Email: _____

Phone: _____

Signed _____ Date _____

