



31st March, 2023

Cross Country 2023

Dear Parent/Carer

The annual Cross Country Carnival will be held Week 1, Wednesday 26th April which is the first day of Term 2. Children will run in age divisions - **the age they turn this year.**



WHEN: Wednesday 26th April. Week 1, Term 2

TIME: 10:20am – 2.00pm (Program attached)

WHERE: Nesbitt Park, South Lismore

TRANSPORT: Students will walk with teacher supervision to and from LSPS to Nesbitt Park

DRESS: Students are encouraged to dress in House colours. Houses are determined by the surname of the student.

A-G LINDESAY (GREEN) H-Q NARDI (YELLOW) R-Z WARNING (RED)

WHAT TO BRING: Hat, water bottle, sunscreen, full lunch box, school bag.

COST: No cost

Please keep this section for your information

Please return completed permission note to the school by Tuesday 4th April (Term 1, Week 11)

Lauren Golding
Organising Teacher

Larissa Polak
Principal

PERMISSION NOTE – Cross Country 2023

(Please complete and return permission note and payment by Tuesday, 4th April)

Student's Name: _____ **Class:** _____

YES, I hereby give permission for my child to attend the Cross Country Carnival at Nesbitt Park, South Lismore on Wednesday, 26th April.

I understand that this will involve my child/ren walking to and from LSPS to Nesbitt Park under teacher supervision.

My current contact details and child's medical information has been supplied to the school and is up to date.

*I can confirm that I understand that, in the event of injury, no personal injury insurance cover is provided by the NSW Department of Education for students in relation to school sporting activities, physical education lessons or any other school activity.

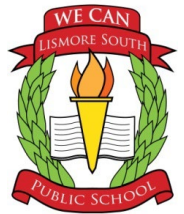
*I affirm that, to the best of my knowledge my child has no medical condition or injury that places him/her at risk by participating in this excursion.

*In the event of any accident or illness, I authorise the obtaining, on my behalf, of an ambulance and any such medical assistance that my child may require. I accept full responsibility for expenses incurred.

*I acknowledge and accept that there is a risk that my child may be exposed to COVID-19 whilst attending and participating at this event. I confirm that my child will not attend the excursion if displaying any symptoms of illness.

Signed: _____
(Parent/Carer)

Date: _____



31st March, 2023

CROSS COUNTRY CARNIVAL 2023 – Wednesday, 26th April

Children will run in age divisions - **the age they turn this year.**

- Children 8, 9 and 10 years will compete over 2000 metres
- 11, 12 and 13 years will compete over 3000 metres
- Kindergarten & Yr 1 (5 & 6 year olds) will run in appropriate mixed age groups on a 500m track
- Yr 1 & 2 (7 year olds) will run 1000m



Canteen Information

Please note: There will be no canteen on this day.

*CROSS COUNTRY PROGRAM

- 10:20 Leave LSPS and walk to Nesbitt Park
11:00 Walk course (8-13yrs) 1 lap - rules explained
11:20 10 years boys
11:30 10 years girls
11:40 8/9 years boys
11:50 8/9 years girls
12:00 11 years boys
12:10 11 years girls
12:20 12/13 years boys/girls
RECESS
12:40 7 year old boys and girls
1:00 6 year old boys and girls
1:10 5 year old boys and girls

1:30 - 2:00 Clean up and walk back to LSPS

***Please note times may vary on the day**

PLEASE KEEP THIS SHEET FOR YOUR INFORMATION