



## Cross Country 2020

Dear Parents & Carers

On Friday, 13<sup>th</sup> March (Week 7) all children from Kindergarten to Year 6, will participate in the annual Cross Country Carnival. The Cross Country carnival will be held at Katoomba Falls Reserve, Katoomba Falls Rd, Katoomba.

It will be a great day where the children can participate in a range of activities to earn points for their Sport House. There will be cheering, marching, tabloid games and the Cross Country events.

### The children will complete the following course

<b>Kindergarten</b> 1 lap of oval with Yr buddies	<b>6 , 7 year olds ( Yr 1 / 2 )</b> 1 lap of course ( 1000 metres )	<b>8,9,10 year olds</b> 2 laps of course ( 2000 metres )	<b>11, 12+ year olds</b> 3 laps of course ( 3000 metres )
--	---	--	---

### Transport and Arrival

*It is anticipated that the Cross Country events will commence at about 9.30 am. The students will be walking from school to the Reserve.*

To ensure the smooth running of this event, the school is asking you to note the following:

- # The students are to arrive at school as per usual ( before 8.40 am ).
- # After the teachers have called the attendance roll, the students will be walking to the Reserve ( approx. 8.50 am ).
- # Students can be dropped off at the Reserve by parents from **9.00 am onwards ( not earlier )** but remain under the supervision of the parent(s) / caregiver(s) until the rest of the students arrive. The St Canice's Cross Country organising staff present at the Reserve will **not be able to supervise as they are preparing the event!**

### Requirements:

- What to Wear** Children can wear shorts and shirts in the colour of their house teams.  
A hat is essential.  
A jumper may be needed in case of cold weather.
- What to Bring** **Plenty of water** to drink (no glass bottles)  
Sunscreen  
Morning tea, lunch  
Runners  
Something to sit on if the ground is damp

In order to run the carnival smoothly and safely, we require the assistance of parents to help with various roles such as:

- course marshals
- timekeepers
- helping to set up and pack up
- transporting tents and other items to Katoomba Falls Reserve (a ute or trailer would be useful)

If you are able to assist, please indicate on the attached form.

At the conclusion of the day, the student(s) may go home with a parent. If your child is going home with another adult, other than yourself, please ensure that this has been communicated to your child's teacher in writing.

Please fill out the entry form attached and **return it to school** by Friday 6th March.

Kind regards,

Mr Jan van der Walle  
( Cross Country Organiser )

# St Canice's School Cross Country 2020

## Entry Form

**Please complete and return to school by Friday 6th March**

Child's Name: \_\_\_\_\_ Age (turning) in 2020 \_\_\_\_\_ Class: \_\_\_\_\_

I give permission for my child \_\_\_\_\_ to participate in the St Canice's Cross Country Carnival at Katoomba Falls Reserve on Friday 13th March 2020.

Does your child have a medical condition? YES / NO If yes, please indicate: \_\_\_\_\_

### **Transport**

I will be transporting my child to Katoomba Falls Reserve **after 9.00 am** and **remain present** until the rest of the school arrives.

My child will be walking to Katoomba Falls Reserve with the school.

**At the conclusion of the day my child will be:**

Walking back to school

Travelling home with parents / caregivers

Travelling home with \_\_\_\_\_

### **Help**

I am able to help at the Cross Country Carnival

I am able to be at Katoomba Falls Reserve by 8.00am to help set up

I have a trailer / van / ute

**Parent/Carer Name:** \_\_\_\_\_

**Signed:** \_\_\_\_\_

**Date:** \_\_\_ / \_\_\_ / \_\_\_

**Growth Through Love & Learning**

St Canice's Catholic Primary School

158 Katoomba Street

PO Box 1200

Katoomba 2780

Ph: 4780 6800 Email: stcanices@parra.catholic.edu.au