

## HOUSE CROSS COUNTRY 2018



Dear Parents,

Our House Cross Country will be held on our school oval on Thursday, 10<sup>th</sup> May, 2018 – reserve date (to be advised).

Please note the following are approximate times.

**Times:**

|                            |          |  |
|----------------------------|----------|--|
| Grade Prep Boys and Girls  | 9.30 am  | - Approximately 500 m                  |
| Grade 1 Boys and Girls     | 9.50 am  | - Approximately 500 m                  |
| Grade 2 Boys and Girls     | 10.10 am | - Approximately 1000 m                 |
| Grade 3 Boys and Girls     | 11.30 am | - Approximately 1500 m                 |
| Boys and Girls 10 years    | 11.45 am | - Approximately 1500 m (District 2 km) |
| Boys and Girls 11 years    | 12.05 pm | - Approximately 2500 m (District 3 km) |
| Boys and Girls 12/13 years | 12.35 pm | - Approximately 2500 m (District 3 km) |

**Ages** are calculated to 31<sup>st</sup> December, 2018. Eg. If turning 11 this year (born 2007), your child will compete in the 11 years event. Year 3 students will compete as a grade level and all Grade 4s are 10 years (unless turning 11).

**Dress:-** *Each child should bring/wear shorts, t-shirt (preferably in house colors), water bottle, runners and appropriate weather protection. It would be a good idea to supply a change of clothes and footwear if wet.*

**Asthma:-** Children suffering from asthma should bring appropriate medication.

Students have been involved in fitness and running activities to prepare them for this event. We appreciate that levels of fitness and endurance vary from child to child. Students are encouraged to run / jog / walk the distance at their pace. It would be appreciated if a note could be forwarded to class teachers if your child cannot compete in the cross country due to medical grounds.

The District event will be held on Tuesday, 29<sup>th</sup> May at The Peninsula Grammar. The first ten competitors from 10 – 12 years will form our School Cross Country Team.

Looking forward to seeing lots of mum and dads and grandparents along at our House Cross Country – we would also appreciate parent assistance marshalling around the course.

Phil Leonard and David Hutchinson  
PE TEACHERS