

## HOUSE CROSS COUNTRY 2021

### Friday, 14<sup>th</sup> May, 2021



Dear Parents and Carers,

Our House Cross Country will be held on the MEPS oval on Friday, 14th May, 2021.  
Please note the following are approximate times.

**Times:**

Boys and Girls 10 years	- 9.15 am	- Approximately 1500 m (District 2 km)
Boys and Girls 11 years	- 9.35 am	- Approximately 2500 m (District 3 km)
Boys and Girls 12/13 years	- 10.00 am	- Approximately 2500 m (District 3 km)
Grade Prep Boys and Girls	- 11.00 am	- Approximately 500 m
Grade 1 Boys and Girls	- 11.20 am	- Approximately 500 m
Grade 2 Boys and Girls	- 11.40 pm	- Approximately 1000 m
Grade 3 Boys and Girls	- 12.05 pm	- Approximately 1500 m

**Ages** are to be calculated to the 31st December, 2021. For example, if your child is turning 11 this year (born 2010), they will compete in the 11 year old event. Grade 3 students will compete as a grade level and all Grade 4s are 10 years (unless turning 11 - then they can complete in the 11 years group).

**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 and if unable to run please let your child's teacher know.

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 for medical reasons.

The District event will be on Wednesday, 26<sup>th</sup> May at The Peninsula School. The first ten competitors from 10 – 12 years will form our School Cross Country Team.

Parents, guardians, grandparents, etc are welcome to come and watch on the day. There will be a sign in table and area for COVID purposes.

If you are able to assist on the day with marshalling around the course, please let Tracy McLaughlin know asap at [tracy.mclaughlin@education.vic.gov.au](mailto:tracy.mclaughlin@education.vic.gov.au).