

HOUSE CROSS COUNTRY 2022

Friday, 29th April, 2022



Dear Parents and Carers,

Our House Cross Country will be held on the MEPS oval on Friday, 29th April, 2022.

Please note the following are approximate times; if we are running ahead of schedule we will continue to run each race irrespective of times shown below.

Times:

Grade Prep Boys and Girls	- 9.20 am.	- Approximately 500 m
Grade 1 Boys and Girls	- 9.40 am.	- Approximately 500 m
Grade 2 Boys and Girls	- 10.00 am.	- Approximately 1000 m
Recess	- 10.25 am.	
Grade 3 Boys and Girls	- 11.05 am.	- Approximately 1500 m
Boys and Girls 10 years	- 11.25 am.	- Approximately 1500 m (District 2 km)
Boys and Girls 11 years	- 11.45 am.	- Approximately 2500 m (District 3 km)
Boys and Girls 12/13 years	- 12.10 am.	- Approximately 2500 m (District 3 km)

Ages are to be calculated to the 31st December, 2022. For example, if your child is turning 11 this year (born 2011), 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. They are also encouraged to continue this over the two weeks of the Easter break to assist with feeling ready for Cross Country. We appreciate that levels of fitness and endurance vary from child to child; therefore they are encouraged to run / jog / walk the distance at their own 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 Thursday, 19th 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.

Adult helpers ARE required - 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.