23rd March 2016

**Cross Country 2016**

Dear Parents/Carers,
Our School Cross Country will be held on Friday 1st April. All students from Kindergarten to Year 6 compete. The Diocesan Cross Country representatives will be selected from students 8 years and over.

**Time:**
- 9.30am 12yr and 13yr - (3000m) 3 laps of the course
- 9:50am 11yr - (3000m) 3 laps of the course
- 10:10am 10yr – (2000m) 2 laps of the course
- 10.30am 8yr and 9yr - (2000m) 2 laps of the course
- 11.40am Yr 2 – (1000m) 1 lap of the course within School grounds
- 11.40am Yr 1 & Kindergarten (500m) within School grounds
- 11.40am Yr 3-6 fun runs

**Venue:**
School playground & Council Nature Strip outside the back gate.

**Dress:**
Full Sports Uniform including their hat. Please bring a Water Bottle. **No spikes to be worn**

Yours sincerely
Karen Knowles
Sports Coordinator

---

**Cross Country – Helpers Note**

Parent helpers are an invaluable part of a successful day. Helpers will be needed to marshal, record times and results and run check points.

I am able to help at the Cross Country on Friday, 1st April 2016

Yes ☐

Childs Name: ___________________________ Year: ______

__________________________ __________________________
Parent/Carer Name (please print) Parent/Carer Signature