



12/U SOUTH WESTON REGION

CROSS COUNTRY **Monday 4 June 2018**

16 May 2018

Dear Parents/Carers,

Your child has been selected to represent St Jude's at the South Weston Cross Country Carnival.

Venue: Stromlo Running Track

Transport: Children need to be transported to and from the carnival

When: Monday 4 June 2018

Time: 9.00am – 12.00pm (approximate end time). It is expected that children will attend school after their race

Cost: \$8 (to be paid to the front office)

What to wear: School Sport Uniform

Footwear: Normal running shoes (no spikes)

What to bring: Water bottle, sun cream, hat and lunch

Canteen: There will be a basic canteen and coffee van available on the day, however children should come prepared with lunch

Wet weather: If the carnival needs to be cancelled due to very poor weather, radio stations Mix 106.3 and FM 104.7 will be notified by 7.30am

Please send the slip below along with your \$8.00 payment to the front office by Wednesday 23 May

Kind regards,
Nicole Gibson

My child _____ **in class** _____

will attend

will not attend

the South Weston Cross Country Carnival at the Stromlo Running Track on Monday 4 June.

Any medical conditions that may be relevant? If so, please explain.

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.....

EMERGENCY CONTACT DETAILS:

NAME: **RELATIONSHIP:**

PHONE: **MOBILE:**

I understand transport to and from the venue is my responsibility.

Signed :.....

Email address (please print clearly).....

There will be no course walk over as the course will be very clearly marked and easy to follow. This Program is a guide only. The timing of events may vary slightly from those stated.

PROGRAM

9.30am BOYS	8 years (2010)	1000m
9.45am GIRLS	8 years (2010)	1000m
10.00am BOYS	9 years (2009)	1500m
10.15am GIRLS	9 years (2009)	1500m
10.30am BOYS	10 years (2008)	2000m
10.45am GIRLS	10 years (2008)	2000m
11.00am BOYS	11 years (2007)	3000m
11.15am GIRLS	11 years (2007)	3000m
11.30am BOYS	12 years (2006)	3000m
11.45am GIRLS	12 years (2006)	3000m

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COURSE

8 years – 1 lap of short circuit

9 years – 1 lap of short circuit plus hoop (hill) circuit.

10 years – 2 laps of short circuit

11 and 12 years – 2 laps of short circuit with hoop (hill) circuit.