On **Tuesday 22nd March** all of our students from Prep to Year 6 will be transported by bus to and from **Ruffey Lake Park** to participate in the House Cross-Country and Picnic Day, departing at approximately 9.30am and returning by 3.00pm. Students will be competing for House points and it would be terrific to see them all dressed in their appropriate House colours (House Polo Tops for Prep to 4). They should be suitably dressed for the event and weather conditions (shorts, T-shirts, runners etc, NO spaghetti string singlets!), wear sunscreen, take a water bottle and any asthma medication if required. No spikes are allowed.

Approximate distances for the age/grade groups are as follows:

**FUN RUNS:**
- Preps: 500 metres
- Year 1: 1000 metres
- Year 2: 1000 metres

**TRIALS:** for selection into the School’s Cross Country squad to compete at District level, students are expected to run in their correct age group. Students aiming for selection are encouraged to attend **Running Club** on Monday and Wednesday mornings at school from 8:30am.

- Boys/Girls 11 Years: 3000 metres (year born 2005)

Please note that if your child finds the distance too far he/she may walk to complete the course. The aim of the day is to have fun. **We encourage all students to ‘have a go’!**

- **Students must remain with their teachers during the day and not with their parents.**

If you are able to assist please fill in the section below. Your help would be very much appreciated, as we will require approximately **30 parents** to help guide students around the track.

*Luke Byrne*
PE/Sport Co-ordinator

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**CROSS COUNTRY TRIALS & FUN RUNS**
**Thursday 22nd March 2016**

I give permission for my child, ................................................., in Year ..... ...., to attend the Cross Country trials & Fun Run events travelling by bus to and from Ruffey Lake Park on Tuesday 22nd March. I authorise the teacher in charge to consent, where it is impractical to communicate with me, to my child receiving any such medical or surgical treatment as may be deemed necessary.

$8 will be deducted from the Excursion Levy for years prep to year 6 in order to cover the cost of the day.

Parent Signature ........................................... Telephone No. .................................

Please return the completed form by **FRIDAY 4th MARCH 2016**

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**CROSS COUNTRY ASSISTANCE 2016**

I can assist on the day as a Course Marshall: *(please tick) 〇*

Parent Name: ___________________________ Child’s Name: ___________________________ Class: _______

*(Please use BLOCK LETTERS)*