Dear Parents and Carers,

The OLOW Cross Country Carnival will be held on Tuesday 17th March at school, commencing at 9.00. All children will need to wear their sports uniform on this day as well as Monday and Friday. Students in Year 2 that turn eight this year and students in Years 3 through to Year Six will come out of class when it is their turn to participate. They will have the chance to compete and an opportunity to watch their classmates compete. All children will be participating according to their fitness level and will be able to walk the course if they do not wish to run competitively in order to make the School Cross Country Squad.

Children who are:
- 8/9 or 10 years old will run 2000 metres (this is 4 laps of the school.)
  Please note that the 8 and 9 years run together.
- 11 and 12 year olds run 3000 metres (this is 6 laps of the school.)

All other Year 2 students will participate in a mini Cross Country with Kindergarten and Year 1 students.

The Diocesan Sports Council advises that any child who has been ill in the two weeks leading up to the carnival should not participate in such an event. Please advise your child’s teacher if this is the case. Children who suffer from asthma must bring their medication with them. Every child must bring a hat and a bottle of water.

The children will return to class after they have competed in their event.

If you are able to assist on the day could you please indicate below and return to school by Friday 13th March. We need parents to time, place and supervise the course, no experience required and we should be finished by 11.30am.

Thank you

Miss Reynolds
Sports Coordinator

CROSS COUNTRY PARENT HELPERS

☐ I am able to help at the Cross Country on Tuesday 17th March
☐ I have completed the Child Protection requirements.

Parent’s Name: ______________________________________________________

Parent’s Signature: _________________________________________________

Child’s Name & Class: _______________________________________________