



ST. PATRICK'S CATHOLIC PRIMARY SCHOOL

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Dear Year 2-6 Parents and Carers,

Our School Cross Country Trial is on **Monday 10th March, 2025** in week 6. The trial will be held at Waratah Upper and Lower Fields, Waratah Sports Complex (40 Rawson Avenue, Sutherland). This venue remains the same as last year.

This is an optional event and students who do not wish to participate will remain at school for formal lessons. As the course is 2km for 8, 9 and 10 year olds and 3km for 11, 12 and 13 year olds, competitors need to be **confident in competing over these distances**. There is a steep hill so students need to be regularly training to avoid feeling unwell during or after the race. Ages are based on the age your child will turn during 2025. Students in Year 2 who are turning 7 in 2025 (born in 2018) can participate in this event **but are not eligible to progress** to the Cross Country Championships next term if they place. Only students born between 2012-2017 are eligible for progression should they place.

Students will walk to the oval from school under teacher and parent supervision. We will leave school at 9:00am and return at approximately 1:00pm. Alternatively, you can drop your child to **Waratah Fields at 9:15am**. Please note that if you are dropping your child off at the track, supervision will start from 9:15am due to course set up. Students will then walk back to school in 2 groups (juniors followed by seniors) after their trial has finished to resume with regular formal lessons. We expect all students to return to school for 1pm. Students can wear their own running attire to school for the run but they must change back into their allocated days uniform at school after the trial. We are offering this personal choice of attire so students are running in their most comfortable gear.

Boys and girls will compete separately and the age groupings for the trial are as follows:

Age Group	Gender	Distance	Qualifying Time Guide only
8/9 Years combined age group (born 2016/2017)	Boys	2km	Completed within 13 mins
8/9 Years combined age group (born 2016/2017)	Girls	2km	Completed within 14 mins
10 Years (born 2015)	Boys	2km	Completed within 13 mins
10 Years (born 2015)	Girls	2km	Completed within 14 mins
11 Years (born 2014)	Boys	3km	Completed within 19 mins
11 Years (born 2014)	Girls	3km	Completed within 20 mins
12/13 Years age group (born 2012/2013)	Boys	3km	Completed within 16 mins
12/13 Years age group (born 2012/2013)	Girls	3km	Completed within 16 mins
Multi-Class All age groups	Boys	2km	Completed within 16 mins
Multi-Class All age groups	Girls	2km	Completed within 16 mins

The first **4 placings** in each category will make selections for the Cross Country Championships Trial held on Tuesday 6th May 2025 at Sydney Motor Sports Park, granted they are under the qualifying time.

Any assistance on the day would be most appreciated. We will need help walking students to and from Waratah Fields and assisting in the management of the trial, particularly at checkpoints. You require a WWCC number which needs to be verified by Sydney Catholic Schools. Please note that parents ARE able to spectate.

Please complete the [Online Form](#) to register your child for this event. Without this registration, they will not be able to attend. **Registration closes Friday 28th February 2025.**

Sincerely,
Amanda Col & Chloe Devlin
Sport Teachers