



**Mount
Carmel
College**

Courage.
Compassion.
Justice.

18 May 2020

Dear Parent / Carer

Mount Carmel College Virtual Cross Country

Due to current restrictions, the Field Day planned for Wednesday 20 May will be run as a virtual activity this year. Students from Kindergarten to Year 10 will still have the opportunity to run, walk or a combination of both to earn points for their house. They will also be able to complete the activity in their own time, at a location of their choice, and will have a week to do it.

Activity Details:

- *Dates:* Students may complete the event anytime between Wednesday 20 May and Tuesday 26 May.
- *Distances:* To earn house points, students should complete a distance within the range stated below for their year group.

	Kinder – Year 2	Year 3 – Year 6	Year 7 - 10
Minimum	1 km	2 kms	3 kms
Maximum	3 kms	5 kms	10 kms

- *Stay Safe:* It is important that students participate in accordance with COVID-19 regulations and restrictions.
- *House Points:* House Points will be awarded for participation. 5 points for participating and achieving the year group minimum distance. Students may also want to push themselves a bit further and also earn a bonus point for every kilometre achieved above the minimum distance (up to the maximum). For fairness, the distance should be completed in one go, rather than multiple runs during the week added together.
- *Recording:* To record participation, Parents/Carers or Students should use this form, https://docs.google.com/forms/d/e/1FAIpQLSfON6myp-WZaOr6W1YZOpCw7CNQvAj8bhNvzgVZlxW_DwGLrA/viewform?usp=sf_link noting name, house, year group, date completed and distance covered. Whilst times are not being used for House points, we are still interested to know how students went and would like to share outstanding achievements with the community, so please enter a time if you are able to record it.
- *Photos:* We would also love to see and share photos of your participation. If you are keen to star in College media, please send a photo to sport@mountcarmel.tas.edu.au



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Extension Option – Great Australian Cross Country Challenge:

For the enthusiastic cross country runners in Year 3 to 10, the college has also signed up to the *Great Australian Cross Country Challenge* - <https://gaccc.com.au/> . This is a national virtual cross country event, which enables participants to record and track their performance against participants from all over the country.

- **Timing:** The program is currently offered for participation from 15 May to 31 August. Students can run and record results anytime or as often as they like.
- **Distances:** Set distances for the program are Year 3 to 6 – 2 kms, Year 7 to 10 – 4 kms.
- **Recording:** Students can use the free RunKeeper App and select GACCC from the Challenges section, and results will upload. Alternatively, other phone apps or smart watches can be used and typed in manually.
- **Cost:** Free using the promo code **MCC**.
- **Sign up:** Go the website <https://gaccc.com.au/> and sign up using the promo code **MCC**. Students aged 14 and under should be signed up by a parent/guardian, selecting “register for someone else”.

Should you require any further information please contact Nikki Stuart on 6216 7900 or nikki.stuart@mountcarmel.tas.edu.au.

Yours sincerely

Nikki Stuart
Sports Administration Officer

Petra Dennis
Head of Department - HPE