



Sacred Heart 2024 School Cross Country

Date: Friday 3rd May 2024

Time: 9:00 am – approx. 11:30am

Location: Cussen Park Rotunda (Ross Street)

This year's Sacred Heart School Cross Country will be run at Cussen Park on Friday 3rd May, beginning at 9:30am. Students will leave school at 9:10am to walk to Cussen Park.

We encourage any medical needs with concerns regarding the Cross Country run to be discussed with the classroom teacher prior to the day.

Volunteers

Thank you to our volunteers who are able to help on the day. Parent Volunteers are to meet at the Cussen Park Rotunda at 9:10am. We encourage volunteers to bring a camp chair as you will be positioned along the course.

Snack/Fruit/Drink

Each class will have a basket in their room on Friday morning. Students will need to have their morning snack and fruit in a named paper bag and place this in the basket. Students can carry their own drink bottle with them to Cussen Park.

Full sports uniform to be worn on the day with a plain house colour t-shirt.

Class	Start Time	Course
Foundation	10:00am	Walk to boardwalk path intersection (middle of park). Start at intersection and finish at rotunda. Approx. 500m.
Yr. 1	10:15am	Walk to park entry at Margaret/McNarmara Street. Start at entry and finish at rotunda. Approx. 750m.
Yr. 2	10:30am	Walk to park entry at Margaret/McNarmara Street. Start at entry and finish at rotunda. Approx. 750m.
Yr. 3	9:45am	Start at rotunda run a whole lap (anti-clockwise) and finish at rotunda. Approx. 2km.
Yr. 4	9:30am	Start at rotunda run a whole lap (anti-clockwise) and finish at rotunda. Approx. 2km.
Yr. 5	10:45am	Walk to boardwalk path intersection (middle of park). Start at intersection run towards rotunda and complete a whole lap and finish at rotunda. Approx. 2.5km.
Yr. 6	11:00am	Walk to boardwalk path intersection (middle of park). Start at intersection run towards rotunda and complete a whole lap and finish at rotunda. Approx. 2.5km.

All Parents and friends of Sacred Heart are encouraged to come along and help support our students as they Be Their Best at our Cross Country.