

16 March 2021

**Dear Parents** 

#### 2021 School Cross Country Carnival Information

This year our school Cross Country carnival will be held on **Monday 29 March (Week 10)** at Bulli Park. For those families who are new to the school, the Cross Country Carnival serves two purposes. It is part of the school's Physical Education Program and as a result all students are expected to attend. If there is a medical reason why your child cannot attend the Carnival, please let the class teacher know.

During Physical Education lessons, students will prepare and train for this event so they are familiar with the course. The second purpose of the Cross Country Carnival is to select a group of students to represent St Joseph's at the Diocesan Cross Country Carnival. Our ultimate goal is that the day is enjoyed by all students, staff and parents. We are thrilled that we can enjoy this school event as a whole school community in 2021!

## **Competitive or Fun Run Option**

For age divisions 8-13, we are aware that some students would like to participate competitively in the Cross Country by running the **2km** course. The 2km competitive event would give participants the opportunity to be Age Champion with the top 3 students receiving ribbons. The top 3 girls and boys in events 1 -5 (listed below) will be selected in the SJB Squad to represent at the Diocesan carnival. Other students would prefer a more relaxed approach to the school carnival. This year, students have the option of running a 1 lap (1km) course for enjoyment and fitness purposes if they wish to **opt out** of the competitive 2km course.

Students who choose the competitive race, can also elect to participate in the '1km' fun run on the day as this will be scheduled after their competitive event.

Students aged 7 and under will all compete in a 1km race and all of Kindergarten will compete on a shorter course which is a modified course under 1km. We are looking forward to cheering them on as they do their best!

#### **Carnival Information**

The carnival is scheduled to start at 9.30am and finish at approximately 2pm. The students will come to school as normal and walk over to the park ready to race. Kindergarten and Year 1 students will remain at school until 10:50am when they will join the rest of the school at the park.

# **Order of Races**

Event 1: 12/13 years competitive **2km** (2 laps) Event 2: 11 years competitive **2km** (2 laps) 10 years competitive **2km** (2 laps) Event 3: 8/9 girls competitive **2km** (2 laps) Event 4: 8/9 boys competitive **2km** (2 laps) Event 5: 7 and Under Girls (1 lap) Event 6: 7 and Under Boys (1 lap) Event 7: Event 8: Year 6 - 1km 'Fun Run' (1 lap) Event 9: Year 5 - 1 km 'Fun Run' (1 lap) Event 10: Year 4 - 1km 'Fun Run' (1 lap) Event 11: Year 3 - 1 km 'Fun Run (1 lap) Event 12: Year 2 - 1 km 'Fun Run (1 lap) Event 13: Kinder Girls Event 14: Kinder Boys

**Please note** Students aged 8 and 9 years race together as the one event. 8 year olds are eligible to represent the school at the Regional Carnival in this combined age group. Age medals are still awarded to 8 years and 9 years separately.

#### Recognition

- For every competitive **2km** race, Under 7's and Kinder race, 1st place will receive a medal and 2nd and 3rd place will receive a ribbon.
- Placings in these competitive events will determine our Cross Country House Champions.

### What to wear and bring

- Students are to wear their sports uniform and are allowed to wear a coloured t-shirt representing their house colour, school hat and sunscreen.
- Students can accessorise with house colours (optional). E.g. wig, tutu, tie etc for in between races or to wear in the fun run! Safety considerations much be considered if a student is wearing accessories on the course.
- Students who require asthma puffers are to bring their own puffer on the day.
- Students are to bring a packed recess and lunch, plenty of drinks, preferably water. Students may bring a blanket to sit on.
- A canteen facility will be available with limited snacks. There on the day so a <u>small</u> amount of money can be brought for those who wish to make a purchase.
- NO running spikes are allowed to be worn.
- NO electronic devices are to be brought to the carnival.

#### **Diocesan Cross Country**

The first 3 place getters in the 8/9 year, 10 year, 11 year and 12/13 year events will represent our school at the Diocesan Carnival. Students who place  $4^{th}$  and  $5^{th}$  in these age groups are reserves, in case of sickness or injury.

We are now calling on **parent helpers to assist at our carnival**. If you are able to help please indicate in the questions tab on the COMPASS EVENT.

Please complete the online consent via the COMPASS Parent Portal by Wednesday 24 March 2021.

Yours Sincerely,

Mrs Kylie Grose & Mrs Christine Smith (Sport Coordinators)

# Maps:







COME JOIN IN THE FUN FOR OUR SCHOOL CROSS-COUNTRY ON

**MONDAY 29 MARCH** 

Please order by 9.15am via QUICKCLIQ online canteen

YOUR CHILD WILL RECEIVE 1 of THE FOLLOWING:

- HOT DOG <u>OR</u> SALAD ROLL
- MAMEE RICE STICK SNACK
- WATER

# ALL FOR THE FANTASTIC VALUE OF \$6.50

\*%: FCA '9J 9FM7CA6C'CF89F'CC@8'K = 20069'8CB5H98'HC'C7<CC@'

Please note that the canteen will not be open for any other lunch orders other than this meal deal on this day