

Wednesday, April 26th, 2023

### **Whole School Cross Country Carnival**

Dear Parents & Carers,

On **Tuesday May 9th**, all students from Prep to Year 12 will take part in the House Cross Country Carnival, to be held at Bayside Christian College, as part of our House Sport Program.

All students are expected to participate to the best of their ability, in order to contribute points towards their House. The event will also act as selection for either the Primary or Secondary Inter-school Cross Country events, taking place on **Friday May 19**, and **Wednesday 31st May**, respectively.

Activity details: (see individual year level race times on next page).

- Students in Years 7-10 will run in during Periods 2-5, students in Years 11&12 after lunch.
- Year 3-6 to run in periods 1-5
- Prep-Year 2 will run in periods 6&7.
- Students should come in appropriate running attire - PE uniform with House colours (such as t-shirt, socks, hair accessories etc). Students may wear black socks as they will most likely get muddy! Students are encouraged to bring spare socks and shoes to change into after the event, depending on the weather and condition of the track.
- Students should also bring appropriate clothing for the weather on the day, such as sunscreen, coats or jackets.
- The cross country course runs around the perimeter of the school's south campus, including through the bushland where visibility can be difficult. Staff and student marshals will be placed around the course, to ensure the safety of the students at all times.
- **Students who suffer from asthma must carry their asthma medication in their hand while they run.**

Family and friends are most welcome to attend. ***If you are willing and available to help on the day, and are fully vaccinated, please email either Zacc Klan or Peter Zwiersen:***

[zacc.klan@baysidecc.vic.edu.au](mailto:zacc.klan@baysidecc.vic.edu.au)

[peter.zwiersen@baysidecc.vic.edu.au](mailto:peter.zwiersen@baysidecc.vic.edu.au)

Yours sincerely,

Zacc Klan and Peter Zwiersen

**PE Department**

**2023**  
**CROSS COUNTRY FIXTURE**  
**Tuesday, May 9th**

(Students run in the age group they will be on the 31/12/2023)

**Primary Cross Country Fixture:**

**9:05 am: 9 year old girls (2 kms)**

**9:10 am: 9 year old boys (2 kms)**

**9:25 am: 10 year olds girls (2 kms)**

**9:35 am: 10 year olds boys (2 kms)**

**10 am: 11 year old girls (2 kms)**

**10:10 am: 11 year old boys (2 kms)**

**11:10 am to 11:30am - Recess**

**11:35 am: 12/13 year old girls (3 kms)**

**11:45 am: 12/13 year old boys (3 kms)**

**1 pm to 1:45pm - lunchtime**

**1:55 pm: Year 2 girls (1 km)**

**2:05 pm: Year 2 boys (1 km)**

**2:15 pm: Year 1 girls (1 km)**

**2:25 pm: Year 1 boys (1 km)**

**2:40pm: Prep girls (1 km)**

**2:50pm: Prep boys (1 km)**

**Secondary Cross Country Fixture:**

**Period 2 - 9:40 am: Year 9**

**Period 3 - 10:25 am: Year 10**

**11:10 am to 11:30am - Recess**

**Period 4 - 11:30 am: Year 7**

**Period 5 - 12:15 pm: Year 8**

**1 pm to 1:45pm - lunchtime**

**Period 6 - 1:50 pm: Year 11/12**