

22 May 2020

Dear Tyndale Strathalbyn Community,

In lieu of our usual school SACSA and SAPSASA cross country events this year, Tyndale Strathalbyn are taking part in the Virtual Cross-Country Challenge. We invite all students from the ELC through to Year 12 to participate in this event.

The School has registered to be a part of this and so there is no charge for your child/ren to participate. All you need to do is add the code **TCSS** when registering.

The run must be recorded for evidence of your time and distance. Examples can include:

- Mobile phone apps (ie Run Keeper)
- Fit Bit
- Smart Watches

A screen shot or photo **is required with the time and distance** as evidence. If you have no way of doing this, please ask us at School as we may be able to assist.

The age groups and distances are as follows:

Age Group	Distance
3 & 4 yrs (born after 2015)	500m
5 years (born in 2015)	500m
6 years (born in 2014)	750m
7 years (born in 2013)	1000m
8 years (born in 2012)	1500m
9 years (born in 2011)	1500m
10 years (born in 2010)	2000m
11 years (born 2009)	3000m
12 years (born in 2008)	3000m
13 years (born in 2007)	3000m
14 years (born in 2006)	3000m
15 years (born in 2005)	4000m (B) 3000m (G)
16 years (born in 2004)	5000m (B) 4000m (G)
Open (born in 2001-2003)	6000m (B) 4000m (G)

Like our normal cross country, there will be place ribbons handed out at assembly for our top 3 athletes in male and female age categories for the school. This will run until 31 August 2020 and you can do as many attempts as you like.

More information can be found at <http://gaccc.com.au/>. If you have any further questions, please do not hesitate to get in contact with us.

All the best,

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