

MEPS HOUSE CROSS COUNTRY

Wednesday, 13th May, 2026



VOLUNTEERS REQUIRED – 10.45PM – 1pm Please email: tracy.mclaughlin@education.vic.com.au or elisa.roberts@education.vic.gov.au

Students are encouraged to wear and accessorize in house colours if they have them.

Middle years (year 3 – 6)

Students will be racing in Year Levels: Yr 3, Yr 4, 11 Year olds & 12/13 Year olds.

The Cross Country Races are competitive races, however, we will also be offering a shortened 1km 'Participation Run' for students who feel that they are unable to manage the longer race. This will be the same track that the year 2 students run.

- Please encourage your child to compete in the full race, if suitable. However, if you know it will be too far for them, or they have an injury, then encourage them to do the *Participation Run*.
- Medals and places will NOT be given for the *Participation Run* only the official Cross Country races.
- The top 10 boys and girls from the Year 3/4 races (as 9/10Yr olds timed), 11 year old races and 12/13 year old races will be eligible to attend District Cross Country.

Spectators

Parents and spectators are welcome and will be directed to the spectator viewing section. Spectators are required to remain in this area for OH&S reasons and to ensure that the course is clear for the races.

Asthma: Children suffering from asthma MUST carry their puffer.

Please note: the following timings are approximate and may change on the day considering various factors, including weather.

Grade Prep, 1 & 2:			
9.00am	Junior School to oval		Marshals – Sports Leaders assisting
9:10am	Prep Boys race	500 m	
9.20am	Prep Girls race	500 m	
9:30am	Year 1 Boys race	500 m	
9.40am	Year 1 Girls race	500 m	
9.50 am	Year 2 Boys race	1,000 m	
10.05 am	Year 2 Girls race	1,000 m	
10.20am	Medal Presentation for Juniors		
10.45 – 11.15am	Recess		

Year 3, 4, 5 & 6:***VOLUNTEERS REQUIRED - 1.25PM - 2.40pm Please email: tracy.mclaughlin@education.vic.com.au***

11:25pm	Year 3 Boys race	1,500 m	Volunteers Needed
11.30am <small>(once boys off oval)</small>	Year 3 Girls race	1,500 m	Volunteers Needed
11.45am	Year 4 Boys race	1,500 m	
11.50pm	Year 4 Girls Race	1,500 m	
12.10pm	11 Year old Boys race	2,500 m	Volunteers Needed
12.15pm <small>(once boys off oval)</small>	11 Year old Girls 10 race	2,500 m	Volunteers Needed
12.35pm	12/13 Year old Boys race	2,500 m	Volunteers Needed
12.40pm <small>(once boys off oval)</small>	12/13 Year old Girls race	2,500 m	Volunteers Needed
1.00pm	Yr 3, 4, & 6 Participation Run	1,000 m	
1.10pm	Medal Presentation for Middle & Senior School		