



St Bernadette's Primary School Dundas Valley

School Cross Country

Dear Parents,

On **Wednesday 7 March 2018 (Week 6)** we will be holding our School Cross Country at Curtis Oval (Dundas Park).

Children from Years 2 to 6 will compete in our Cross Country.

Children in the 8yrs, 9yrs and 10yrs age group will complete 2.5 laps of the circuit. 11yrs, 12yrs or 13yrs will complete 4 laps of the circuit. We will be selecting our squad for the Diocesan Cross Country at our carnival.

The distance to be run at the Diocesan Cross Country is: 8 - 10 years - 2km/ 11 - 12 years 3km

In order to qualify for the Diocesan Cross Country, the children need to be able to **competently** run: 2 km in 13 minutes (8, 9 and 10 years)/ 3 km in 17 minutes (11, 12 and 13 years)

The first 6 students in each age group who are able to run their distance within the qualifying times will be selected to attend the Diocesan Cross Country.

It is also a fun fitness day for all students in Years 2-6 to participate in. **Children under 8 years old are not eligible to compete at the Diocesan Cross Country, but all children in Years 2-6 will compete in our School Cross Country.**

We would appreciate lots of parent helpers on the day to stand around the circuit boundary to watch over the children and keep them safe. If you are available from 9:00am to 1:00pm on Wednesday, 7 March, please complete the form attached and return it to school as soon as possible so that I am able to organise supervision. If you have not completed the mandatory child protection module, please do so at your earliest convenience.

Please complete the attached permission slip and return to school as soon as possible.

Many thanks,

Anthony Kensell
Sport Coordinator

I give permission for my child, _____

I am able to assist at St Bernadette's Cross Country on Wednesday, 7 March 2018.

Name: _____

Child's Name: _____ Child's Class: _____