

## Middle and Senior School Cross Country

Dear Parents

The Middle and Senior School Cross Country will be held on Wednesday 19 March (Week 8). The competitive races will be held in the morning immediately following Form Class – all students are encouraged to race to gain points for their House. In the afternoon session there will be a range of House-based rotations/activities, which will be compulsory for all students. All events will start and finish on the oval. The program of events is as follows:

### MORNING SESSION – COMPETITIVE RACES:

TIME	AGE GROUP	DISTANCE	DETAILS
9.00am	12/13 Years Boys & Girls	3km	1km Loop + 2km Loop
	16/17/19 Years Boys	5km	1km Loop + 2 x 2km Loops
9.10am	14/15 Years Boys & Girls	4km	2 x 2km Loops
	16/17/19 Years Girls		

\*\*\* back to class at 10am (shortened P3)\*\*\*

### AFTERNOON SESSION:

	MIDDLE SCHOOL	SENIOR SCHOOL
1.50pm	Tug-O-War Competition (Stage-based)	
2.20pm	Standing Long Jump + Fly	15-minute Fun Run/Walk
2.40pm	15-minute Fun Run/Walk	Standing Long Jump + Fly
3.00pm	Presentations	

Students are permitted to wear their House-based sports uniform to and from school on this day. Parents and family members are most welcome to attend to cheer on the students. In saying this, please note that if we reasonably consider that a spectator is engaged in photography of an inappropriate nature, we will ask them to desist and/or leave the premises. If the photographer is obstructing the smooth running of the carnival, they will be asked to stop.

The Pacific District Cross Country Trials will be held in Week 4 of Term 2 (Wednesday 14 May). These trials are for our more serious runners who would like to qualify for the District Team and then go on to the Regional Trials later in Term 2. We are limited to the number of competitors at these trials, so the fastest 6 boys and 6 girls (per age group) from our College Cross Country will be invited to attend. More information regarding these trials will be distributed after our College event.

Yours in Sport

Mr. Chris Paech  
**Head of Sport (P-12)**