

Birchgrove Public School



CROSS COUNTRY CARNIVAL 2012

Dear Parents/Caregivers,

The school's Cross Country Carnival will be held Thursday March 29th, 2012 at Birchgrove Oval. All students Years 1 to 6 will be participating. **Kindergarten students will also attend as a part of "Fun Run" activities and are not expected to "compete"**. The events will be conducted over the following distances:

Senior Boys & Girls 3000m [Students 13, 12, 11 years old this year]

Junior Boys & Girls 2000m [10, 9, 8 years old this year]

Year 1 Boys & Girls 1500m (approximately)

Kindergarten Boys & Girls 800m (approximately) - (Fun Run)

Only students turning year 8 years old and above [this year] are able to compete at District, Regional and State level

Students in Years 1 – 6 will walk from the school at 9:30am and return to the school by 3.15 pm.

Kindergarten students will leave school at 10:45 and walk down to the oval

Participation details:

- Sports shoes are to be worn in the event. Spikes are not permitted.
- Parents are advised to provide adequate sun protection for their child e.g. 15+ water resistant sunscreen and a hat. Lightweight clothing is recommended for running although students should bring warmer clothing to wear when waiting.
- The course will not involve running on public roads.
- Students are required to bring lots to drink as in warm weather, dehydration can be a problem. Students will be encouraged to drink prior to, during and at the conclusion of the event.
- Competitors should carry asthma medication as required.
- If prevailing conditions on the day are considered a risk to students, the event will be postponed; however students are advised to be prepared for any type of weather.

If your child has a medical condition that will preclude or limit involvement, please indicate this in the following section and return it to your child's class teacher.

Regards

Robert Cormack
Sport Coordinator

Tracy Gray
Principal

PLEASE

COMPLETE THE SECTION BELOW AND RETURN BY Tuesday March 27th, 2012

I hereby give consent to my son / daughter _____ to attend Birchgrove Public School in the Birchgrove Public School Annual Cross Country / Fun Run at Birchgrove Oval on Thursday March 29th, 2012

Special needs of my child which you should be aware (e.g. Allergies, medications, etc)

Please list any medical condition, disability or injury which could put your child at risk when participating in the Cross country Run.

Signature of Parent / Carer _____

If you are able to help at the Cross Country event, please fill the form below out and return it to your child's classroom teacher by Tuesday March 27th, 2012.

Name _____ Contact details _____

I can transport equipment to the oval before 9.00am. YES / NO

I can assist in setting up the course from 9.00am YES / NO

I am available to assist on the course between 10.00am and approximately 1.00pm YES / NO