



# St Carthage's Primary School

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19/2/2020

## St Carthage's Primary School Cross Country

Dear Parents and Carers,

The St Carthage's Primary School Cross Country will be held on **Friday 6th March**. The day will commence at approximately 9:15am and conclude by 11:30am. The Cross Country will be held on our school ovals and the adjacent grounds of the Lismore Rugby Club. If your child qualifies on the day, they will be invited to participate in the **Richmond Zone Cross Country on Tuesday 5th May 2020 (Back up Friday 8th May)**.

Students are required to **wear their sports uniform to school (colour house shirt)**. Prior to competing in their event, they may change into running shorts and suitable footwear (no spikes permitted). It is important that all children bring their school hat, water and any necessary medication (i.e. Asthma puffer).

Approximate Time	Age	Distance	Additional Information
9:15	Year 1 girls	Modified Course (600m)	<b>Non Competitive Fun run/walk</b>
9:20	Year 1 boys	Modified Course (600m)	
9:25	Kindergarten girls	Modified Course (600m)	
9:30	Kindergarten boys	Modified Course (600m)	
9:35	11 years girls	3000m	<b>Top 5 progress to Zone</b>
9:40	11 years boys	3000m	
9:50	12/13 years girls	3000m	
10:00	12/13 years boys	3000m	
10:10	8 years girls	2000m	<b>Top 5 progress to Zone but are unable to progress any further</b>
10:20	8 years boys	2000m	
10:30	9 years girls	2000m	<b>Top 5 progress to Zone</b>
10:40	9 years boys	2000m	
10:50	10 years girls	2000m	
11:00	10 years boys	2000m	

\*\*\*Imminent rain or extreme heat may result in the time of events being changed on the day\*\*\*

The students will **attend school as normal**. They will be brought over by their class teacher prior to their event and return to school for a normal day at the conclusion of their event.

**Parent helpers are required at our school Cross Country**. If you are available to assist on the day, please fill out the slip below and return it to the office by Friday 28th February.

Thank you for your on-going support and assistance of sport at our school. We look forward to seeing you on the day.  
Regards,

Brendan Tickle  
Leader of Sport

I am available to assist at the St Carthage's Cross Country on Friday 6th March.

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_