

House Cross Country –Tuesday 2nd May 2017

On Tuesday 2nd May Elwood Primary School will be holding our House Cross Country event at Elsternwick Park. All students from Grades 3-6 will be walking to the park to compete in the event. We will be leaving school at 11:15am and returning to school in time to eat lunch at 1:30pm.

The events are scheduled to take place at the following times. Please note, these times are approximate are subject to change.

12:00pm	8/9/10 year old girls
12:06pm	8/9/10 year old boys
12:12pm	11 year old girls
12:18pm	11 year old boys
12:24pm	12/13 year old girls
12:32pm	12/13 year old boys

Students, where possible, should wear their house colours to school on this day: Lawson (Blue), Paterson (Red), Gordon (Green) and Dennis (Yellow). They need to make sure this is comfortable to run in. Students should also wear sensible running shoes, which are suitable for grass and gravel tracks. They may wish to bring a bag in which to store water and their jumper whilst they are running. **Students will need to bring asthma puffers and epipens with them to the park and put these in the box at the score table.**

There is a map of the course we run within Elsternwick Park on the next page of this letter for your interest, in case of any training your child may wish to do (8-10 year olds run 2km & 11-13 year olds run 3km).

The top 8 runners who are aged 9 and above (who turn 9 before December 2017) in each age category will be selected for our **District Cross Country Team**, which takes place on **Tuesday 23rd May**.

We are aware that students have varying fitness levels; our expectation is that everyone competes, even if this means some students will walk during some of their event. Points are awarded for **finishing** the race and their finishing place determines the points they receive for their House Team.

Volunteers Required: In order for this event to run smoothly and efficiently, we need your help as a volunteer - If you can spare your time to help out, it would be much appreciated. I need help setting up at 9:30am and also help with marshalling at 11:30-1:30pm. If you can do either, simply fill out the contact form on the website and tell me what time suits you in the comments section. We will then be in contact with further information.

Thanks for your support of this event.

Classroom teachers will take students to do some practice for this in school time. They can also attend running club every Friday morning at our school park at 8:15-8:45am, for some extra practice.

Yours Sincerely

Sam Casey



PE & Sport coordinator

Jay Tucker



Assistant Principal

St. Kilda Street

Bent Avenue

Start
8/9/10
yrs

Start +
marshal

Skate
Park

Play
ground

STRIP

New
Street

Path worn in
grass

Start
11/12/13
yrs.

