

17 March 2023

Dear Families

The Junior School Cross Country and Fun Run carnival will be held on Monday 27 March 2023 in the Junior School. It will commence at 9:00am with the Kindy to Year 2 Fun Run, followed by the Interhouse Cross Country Carnival for all Years 3 to 6 students. Both events will start and finish on the Junior School Oval, with the run course using the parks and bush surrounding the school.

Parents are invited to run with their children during the Fun Run, where the students will set off in house groups from 9:00am and complete the course of approximately 1.5km:

| TIME | GROUP |
|--------|---|
| 8:45am | Gather at tents on the oval. |
| 9:00am | Russell |
| 9:05am | Peel |
| 9:10am | Kindy groups (with special Kindy shortcuts) |
| 9:15am | Macleay |
| 9:20am | Coochiemudlo |

The Interhouse Cross Country is incorporating the Year 3 students with the Year 4 to 6 students. The team for the Junior Cross Country squad will be selected from the 9 to 12 year old students. Spectators are allowed to attend and make use of the designated spectator areas. The Cross Country will begin after the normal Junior School morning tea:

| Competitive Interhouse Cross Country Program | | |
|--|-----------------------------------|---------------|
| Time | Age Group | Distance |
| 11:30am | 9 Years Boys (with Year 3 Boys) | 1.5km (1 lap) |
| 11:35am | 9 Years Girls (with Year 3 Girls) | 1.5km (1 lap) |
| 11:45am | 10 Years Boys | 3km (2 laps) |
| 11:55am | 10 Years Girls | 3km (2 laps) |
| 12:05pm | 11 Years Boys | 3km (2 laps) |
| 12:15pm | 11 Years Girls | 3km (2 laps) |
| 12:25pm | 12 Years Boys | 3km (2 laps) |
| 12:35pm | 12 Years Girls | 3km (2 laps) |

Requirements for the Carnival will be:

- **Students should wear their sports uniform – including house shirt and sports hat**
- **drinks** (a water bottle is essential),
- **sunscreen**
- **something to sit on**
- **any required medication (especially for asthma).**

We are looking forward to a very enjoyable Carnival day.

Thank you for your support of Junior sport.



Steve O'Carroll

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