



St Benedict's Primary School

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9th May 2018

2018 St Benedict's South Western Region Interschool Team Monday 4th June 2018

Congratulations on making the St Benedict's team to participate in the 2018 South Weston 12 years and under Cross Country Carnival to be held at **Stromlo Park** on **Monday 4th June 2018**.

Below is important information about the day itself including the program, distance for each age group, course map and rules.

Further information:

- Date:** Monday 4th June 2018
- Time:** The first race commences at 9:30am. Students are to arrive at least 45 minutes prior to advertised time of their race. There will be no course walk over as the course will be clearly marked and easy to follow.
- Canteen:** A canteen will be operating. A coffee van will also be available. Children are encouraged to bring their usual recess and lunch as well as plenty of drinks.
- Cost:** \$8 per student. **This money is to be paid to the school.**
- Transport:** Parents are responsible for organising transportation for their child to and from Stromlo Park on the day. If transport is an issue, please contact the school so that we can help you make contact with another parent to carpool.
- Event List:** Attached to this permission note is a copy of the program.
- Supervision:** On the day itself a member of staff will be attending as team manager. Each school will have an area near the start/finish line designated by a school sign. Please see the teacher on your arrival. **All children will need to be collected by 12:00pm.**

If you do not wish to participate in the event you have qualified for please let Ms Ellison know by Friday 25 May.

Please complete the permission slip attached and return to school, along with the **\$8 fee**, by Friday 25 May 2018.

Sincerely

Camille Ellison

SOUTH WESTON REGION CROSS COUNTRY CARNIVAL 2018 PERMISSION SLIP

Due to school by Friday 25 May

Child's Name: _____ Date of Birth: _____

School Statement:

This excursion has been carefully planned. Supervision of pupils will be conscientiously carried out. Students are expected to follow all rules and procedures in place. Parents may be contacted if their child places themselves or others at risk due to non-compliance.

Parent Consent:

As Parent/Guardian of the above named student, I give my consent for him/her to participate in the **South Weston Region Cross Country Carnival at Stromlo Park on Monday 4th June 2018**. I understand that transport to and from the venue is my responsibility.

I authorise the teachers and centre staff to obtain medical assistance which they deem necessary should an accident occur. Listed below are specific medical requirements or other needs relevant to my child participating for this excursion.

Medical Condition (e.g. allergies, asthma)	Treatment Plan

Emergency Contact (for 4 June):

Name: _____ Phone: _____

Parent/Guardian Signature _____ Date _____

ACT QUALIFICATION

1st to 10th place getters in the 12 and under races will represent the South/Weston Region at the ACT Carnival (Wednesday 14th June). Once the children finish their race their sticker will be peeled off and placed on a recording sheet. This will provide an accurate record of placings and the competitors will know where they finish.

PROGRAM

9.30am BOYS	8 years (2010)	1000m
9.45am GIRLS	8 years (2010)	1000m
10.00am BOYS	9 years (2009)	1500m
10.15am GIRLS	9 years (2009)	1500m
10.30am BOYS	10 years (2008)	2000m
10.45am GIRLS	10 years (2008)	2000m
11.00am BOYS	11 years (2007)	3000m
11.15am GIRLS	11 years (2007)	3000m
11.30am BOYS	12 years (2006)	3000m
11.45am GIRLS	12 years (2006)	3000m

This Program is a guide only. The timing of events may vary slightly from those stated.

COURSE

8 years – 1 lap of short circuit

9 years – 1 lap of short circuit plus hoop (hill) circuit.

10 years – 2 laps of short circuit

11 and 12 years – 2 laps of short circuit with hoop (hill) circuit.

A map of the course is attached.

You are welcome to take your child out to Stromlo Park before the carnival date if they would like to become more familiar with the course.

RULES

- ❖ Consideration and courtesy should be shown at all times.
- ❖ All spectators must stay away from the start/finish line.
- ❖ Shoes must be worn. Spiked footwear is NOT allowed.
- ❖ Runners will be disqualified for pushing, tripping or interfering with other runners.
- ❖ Runners must follow the course or risk being disqualified.
- ❖ No coaching of runners on the course is permitted.
- ❖ No drinks are given to runners while on the course.
- ❖ In the interest of the child's welfare, officials may intervene and remove a competitor from a race should the child be physically distressed and/or medically at risk if he/she were to continue.

FIRST AID

All schools are to have access to a First Aid Kit. There will be a sports trainer present on the day. Children who may require Ventolin or an Epi-pen should bring it with them.

WET WEATHER

If the carnival needs to be cancelled due to very poor weather, radio stations Mix 106.3 and FM 104.7 will be notified by 7.30am.



Deek's Track – 2.5km Loop Only



Deek's Track – 2km Loop Only



Deek's Track 1.5km Loop only



Deek's Track – 1km Loop Only