



St Benedict's Primary School

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2017 St Benedict's South Western Region Interschool Team Wednesday 31 May 2017

Congratulations on making the St Benedict's team to participate in the 2017 South West 12 years and under Cross Country Carnival to be held at **Stromlo Park** on **Wednesday 31 May 2017**.

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

Further information:

Date: Wednesday 31 May 2017

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 Mr Siljeg know by Friday 12 May.

Please complete the permission slip attached and return to school, along with the **\$8 fee**, by Friday 19 May 2017.

Sincerely

Mrs Melanie Stratford / Ms Meaghan Younger
Cross Country Conveners

SOUTH WESTON REGION CROSS COUNTRY CARNIVAL 2017 PERMISSION SLIP

Due to school by Friday 19 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 Wednesday 31 May**. 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 31 May):

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 (2009)	1000m
9.45am	GIRLS	8 years (2009)	1000m
10.00am	BOYS	9 years (2008)	1500m
10.15am	GIRLS	9 years (2008)	1500m
10.30am	BOYS	10 years (2007)	2000m
10.45am	GIRLS	10 years (2007)	2000m
11.00am	BOYS	11 years (2006)	3000m
11.15am	GIRLS	11 years (2006)	3000m
11.30am	BOYS	12 years (2005)	3000m
11.45am	GIRLS	12 years (2005)	3000m

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