



St John Vianney's Primary School

ABN 33 128787 705

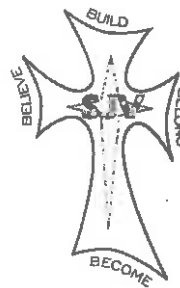
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South Weston Cross Country Carnival 2018

Dear Parent / Carer,

Your child has been selected to represent St John Vianney's at the South Weston Cross Country Carnival at Stromlo Park to be held on Monday 4th June. Students will need to be transported to and from the carnival and the timetable attached overleaf will give you an indication of what time the events will commence and more specific information about the carnival. Please ensure that your child arrives 30 minutes before their event so they can warm-up and prepare for marshalling. When your child has completed their event, they are able to leave the carnival with you and may return to school.

All children competing need to wear their full school sports uniform, bring a water bottle and their school hat. Depending on the time of their event, they may also need recess and lunch. Canteen and coffee facilities will also be available. St John Vianney's will have a designated area near the start/finish line. Please bring your child to this area before their race as they will need to receive a label from me. In the event of wet-weather radio stations 104.7 and 106.3 will be notified by 7:30 and will make an announcement regarding arrangements.

In order for your child to participate in the carnival, the permission form below needs to be returned to school, along with a \$8.00 entry fee, by Wednesday 30th May. If your child is unable to participate please let me know as another student may be able to participate.

Kind regards,

Ryan Matchett
Sport Coordinator

SOUTH WESTON CROSS COUNTRY CARNIVAL 2018

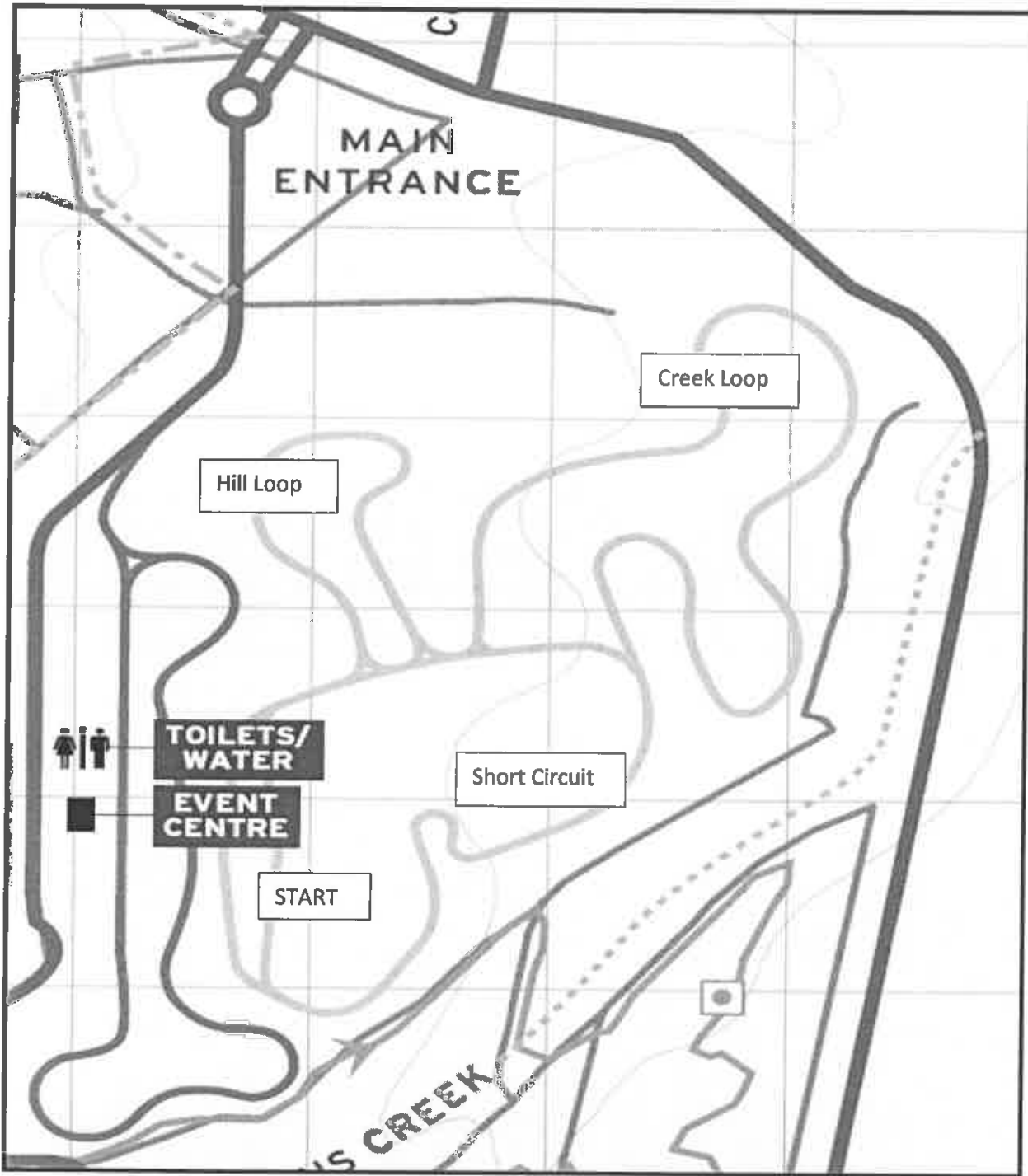
I give permission for my child _____ in class _____ to attend the South Weston Cross Country Carnival at Stromlo Forest Park on Wednesday 31st May. I understand that I must organise transport to and from the carnival. I have included the entry fee of \$8.00.

Payment (Please Tick): QKR Cash Enclosed:

Parent/Carer Name: _____

Signed: _____

Contact number: _____



12/U SOUTH WESTON REGION CROSS COUNTRY 2018

Monday 4th June 2018, Mt Stromlo Forest Park

ENTRIES

Each school may enter a maximum of 5 children per event. Single sex schools may enter 8. Each child may run only once and in their own age group (the age they turn this year). There will be no course walk over as the course will be very clearly marked and easy to follow. Schools are required to provide each student a sticky label to place on their shirt with their Full Name, School, Age group (age they turning this year).

COST

\$8 per student paid to the school

ACT QUALIFICATION

1st to 10th place getters in the 12 and under races will represent the South/Weston Region at the ACT Carnival (Wednesday 13th 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.

SCHOOL AREAS

Each school will have an area near the start/finish line designated by a school sign. Team managers/parents are asked to ensure that the children are supervised at all times and are kept well back from the track. It can be hard to hear announcements due to noise and wind so please listen carefully to all announcements.

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 from Sports Medicine Australia. Children who may require Ventolin or an Epi-pens are required to bring them with them.

WARM UP

Before each race the children will need to warm up. It is the responsibility of the Team Manager to make sure that this occurs.

CANTEEN

There will be a canteen and coffee van available on the day.

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.

Please contact Ryan Matchett at St John Vianney's Primary School if you require any further information.

ryan.matchett@cg.catholic.edu.au or 6288 2383