

9 March 2021

Dear Parents,

This year, St Paul's Inter-House Cross Country Carnival will be held in Week 8, Friday 19th March and will involve all students from Prep to Year 6.

Classes are asked to be assembled on the St Paul's oval by 8:50am the morning of the carnival. The distances each Year/Age Group will run are as follows:

Year/Age Group	Distance	Time (APPROX. use these times just as a guide)
Prep	200m (Boys then Girls)	Start 9:10am
Year 1	400m (Boys then Girls)	Start 9:20am
Year 2	600m (Boys then Girls)	Start 9:35am
Junior Presentation on Oval		Start 9:50am
Prep- Year 2 classes dismissed from carnival		
Year 3 – 6 students run in age groups (year of birth)		
8/9 Years (Born 2013/2012)	1 km (Boys than Girls)	Start 10:00am
10 Years (Born 2011)	1.5 (Boys then Girls)	Start 10:15am
11 Years (Born 2010)	2km (Boys then Girls)	Start 10:45 am
12/13 Years (Born 2009/2008)	2km (Boys then Girls)	Start 11:25am
Senior Presentation on oval		Start 11:45am

Individual medallions and ribbon will be awarded to 1st winning boy and girl from each group, ribbons for 2nd, 3rd & 4th placings. Certificates will also be awarded to 1st, 2nd & 3rd place getters.

SAFETY

Each student has had the necessary time to build up their fitness to give them the best chance for a positive experience at the event. This has been encouraged during discussions in PE lessons, Friday afternoon activities and during class time.

Aim be active for at least 60 minutes most days -this does not have to be limited to running. As a family you can get each other moving in many ways to help your fitness. e.g. swimming, riding, scootering, walking, skipping, chasing etc.

REQUIREMENTS

On the day - Asthma sufferers **MUST** run with their puffer if this is part of their management plan. Marshals are positioned along the course to help. Students must wear sports uniforms, hats, use sunscreen and have water bottle/s, specialised Cross Country shoes must have a rubberised sole. Spikes **NOT** permitted.

LUNCH OPTION

Year 3-6 students are asked to bring their morning tea down with them to the oval. A Subway for lunch will be available on the Cross Country Carnival day. Students **MUST** pre-order their Subway for lunch, in support of the St Paul's Year 5 Camp. Orders will be delivered directly to the school, however, order forms must be completed and returned to the School Office by the due date. Purchases **WILL NOT** be available on the day.

SPECTATORS & COVID PLAN

We are delighted to welcome parents and caregivers to attend the carnival, however, any visitors who are not registered with the school MUST sign in at the office on arrival. Please ensure you maintain safe distances with others, good hand hygiene and to stay home if you're feeling unwell.

CROSS COUNTRY REPRESENTATIVE DATES: Catholic & Independent Cross Country TOP 5, 10-12 Year Old's Term 1, Week 10, Monday 29th March. Caboolture District Cross Country TOP 5, 10-12 Year Old's, Term 2, Week 1, Tuesday 20th April. Finer details yet to come for those students who qualify.

Thanking you in anticipation.

Mrs Jessica Schneider
PE Teacher & Sport Coordinator