

GREENVALE CROSS COUNTRY



Dear Parents and Guardians,

The Greenvale Cross Country will be held at School / Bradford Oval on Thursday February 20th beginning at approximately 9.15am and concluding at 11.00am.

Every student from Years 4-6, as well as some Year 3 students will be competing for their house and for the chance to represent Greenvale in the District Cross Country. Students will compete against peers from their age group and all events are gender based.

The following distances will be run for each age group:

9/10 year old: 2km

11 year old: 3km

12/13 year old: 3km

Age groups are based on the age a student will be on the 31/12/2020. For example: all students born in 2011 or 2010 will be in the 9/10 year age group, all students born in 2009 will be in the 11 year age group and all students born in 2008 or 2007 will be in the 12/13 year age group.

Students:

- should wear sports appropriate clothing (shoes, shorts and shirt) that help support their house colour, but may need a tracksuit for before and after the event if the weather is cold
- are encouraged pack a healthy lunch on this day and have a full water bottle
- are advised to bring a complete change of clothes to school to change into after the event (including a change of footwear) if wet conditions are forecast and
- who suffer from asthma should run the cross country event with their asthma medication on them.

We invite all parents and guardians to come and watch their children compete in the Cross Country and it would be fantastic if we had some parent volunteers to help out. If you are able to assist on the day and have a valid Working with Children Check, please fill out the form below and return it to the office before **Friday 14th February 2020.**

I look forward to a successful day and enjoyable Cross Country for our Greenvale students.

Shannon Carroll

Physical Education Teacher

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Cross Country Parent Volunteer Slip

I have a valid Working with Children Check and am able to assist at the Cross Country on Thursday 20th February, 2020.

Parent's / Guardian's Name: _____

WWCC Card No. _____

My daytime phone number is: _____

Student's Name _____

Student's Class: _____

Signed: _____

Date: _____