



ST ANNE'S 2019 CROSS- COUNTRY

28/02/19

Dear Parents,

St Anne's 2019 Cross Country is on **Wednesday the 13th of March**. Students in Year 6, 5 and 4 will be completing the course here at St Anne's.

Approximate start times will be:

12 Year Old - 8:50am

11 Year Old - 9:20am

10 Year Old & 9 Year Old in Year 4 - 9:50am

The 12 and 11 year olds will be running 3km's and the 10 year olds will be running 2km's. The cross country is timed so the best 4 times in each age group (10, 11, 12) will be chosen to represent St Anne's at the Sarina District Cross country, being held at **Sarina Athletics and Sarina Crocs football field, 2nd April**. The 9 year olds in Year 4 will be running 2km with the 10 year olds but will not progress to the Sarina trials.

Any parents who would like to help on the day please see me on the morning of the cross-country.

Students are to come to school in old clothes to run in and have their uniform with them to change into after they run. If they do not have old clothes, then they will not be able to compete. The course will be a muddy one this year and I would hate for the uniforms to get mud splatters up their backs. Students can wear old sandshoes, so their school ones won't get wet and muddy. This would also allow them to have dry ones to get back into after the race (2nd pair of socks too). Cross-country is part of our students PE component so participation is expected. If they are unable to participate because of medical reasons, please send a note with your child on the day. Children who have Asthma need to carry their inhaler with them. Students will need to bring a bottle of water so they can rehydrate during and after the race. There has not been a run club this year and due to weather, training during PE lessons has been limited. I have reminded the children that they need to be training at home if they want to make the St Anne's team this year.

Yours in Sport
Mrs Jenny Place

What the Children need to wear/bring.

Wear - Old Clothes, Hat/Cap, Shoes and Socks

Bring – Towel, Water Bottle, School Hat, School Uniform to change back into after race, School Shoes and socks.