28 March 2013

OLMC 2013 Cross Country

Dear Parents/Carers,

The annual OLMC Cross Country Event is to be held on Tuesday 9th April 2013 at Monty Bennet Oval (Ringrose Park), Cumberland Highway Wentworthville.

All students will participate in the Cross Country. This is a normal school day and lessons will continue after the students have completed the event.

Each age race will be timed and students completing the race in the fastest time will go on to represent the school in the Diocesan Cross Country at Eastern Creek on 7th May 2013. Students have been training for the event during PE lessons.

Cost: Nil

Time: All students are to arrive at school no later than 8:50am

Parent Helpers:
- Parent helpers required for check points along the course,
- To assist with walking groups down to the field.

Transport: Children will be walking to and from the venue in their class groups under teacher supervision.
- Students will need to wear their sports uniform and must have their school hat
- Students must also have a filled labelled water bottle with them.
- Students will need to have applied sunscreen.
- Students are to sit with their age group.
- Students will return to school for the remainder of the school day after their race.
- Students will race in the age that they will be turning in 2013.

<table>
<thead>
<tr>
<th>Leaving school</th>
<th>Starting time at the field</th>
<th>Age in 2013</th>
<th>Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:10</td>
<td>9:30</td>
<td>12/13 year olds</td>
<td>3 Km</td>
</tr>
<tr>
<td>9:10</td>
<td>9:55</td>
<td>Year 1</td>
<td>500m</td>
</tr>
<tr>
<td>9:30</td>
<td>10:10</td>
<td>11 Year olds</td>
<td>3Km</td>
</tr>
<tr>
<td>9:30</td>
<td>10:15</td>
<td>Kindergarten</td>
<td>500m</td>
</tr>
<tr>
<td>9:30</td>
<td>10:35</td>
<td>10 year olds</td>
<td>2 Km</td>
</tr>
<tr>
<td>10:00</td>
<td>10:50</td>
<td>8/9 year olds</td>
<td>2 Km</td>
</tr>
</tbody>
</table>

Please complete the permission section and any other relevant sections on the permission page (attached) and return to school by Wednesday 3 April 2013.

Yours sincerely

Jodie Meares
Sport Coordinator
OLMC 2013 Cross Country Carnival

Permission Slip

☐ I give permission for my child ________________________ in class ____________ to participate in the 2013 Our Lady of Mount Carmel Cross Country Carnival, and walk to and from Monty Bennet Oval (Ringrose Park), Wentworthville accompanied by Teachers.

☐ If my child is selected to represent at the zone carnival, I give permission for them to walk to and from Monty Bennet Oval with a teacher for team training.

Parent/Carer Name ______________________Signature_____________________

Date: __________________

Parent Helpers

If you are able to assist on the day

Parent name/s______________________________________________________

Child’s name ________________________ Child’s Class ______________________
