



Rosebank Public School

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ROSEBANK NSW 2480
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www.rosebank-p.schools.nsw.edu.au

First North District Cross Country

And they're racing! The 2019 First North K-6 Cross Country is on Monday 6th May.

Where: Clunes Public School

Program:

10am	Walk the track		
10.15am	Commence races		
Event 1	5/6/7 Boys Fun Run	1 lap	500m
Event 2	5/6/7 Girls Fun Run	1 lap	500m
Event 3	12/13 Years Boys	5 laps (600m)	3000m
Event 4	12/13 Years Girls	5 laps (600m)	3000m
Event 5	11 Years Boys	5 laps (600m)	3000m
Event 6	11 Years Girls	5 laps (600m)	3000m
Event 7	10 Years Boys	4 laps (500m)	2000m
Event 8	10 Years Girls	4 laps (500m)	2000m
Event 9	8/9 Boys	4 laps (500m)	2000m
Event 10	8/9 Girls	4 laps (500m)	2000m

Please consider writing the age of each student on their hands prior to the carnival to lessen confusion about which age group they are in on the day.

Travel: Travel will be by private vehicle to and from Clunes Public School with children required to be in attendance by **9.45am**. Staff attending will be Nicky Hughes, Oliver Prescia and Juanita Thomson.

What to Bring: Children will need to be in full school uniform, have their school hat and wear appropriate running shoes. Please bring recess, lunch, sun block and plenty of water to drink. **The Rosebank P&C will be operating a canteen on the day.**

Children are to remain in their school area under the supervision of a teacher unless released to a parent or given permission to go to the Canteen.

Once your child/children have completed their event/s, you are welcome to take them home if you wish. If you take your child home, please see a teacher to sign them out so all are accounted for at day's end.

Rules:

- All competitors must wear appropriate footwear (no spikes are allowed).
- No pushing, tripping or interference with other competitors allowed.
- No competitor is to receive assistance or refreshments during the race.

The first four (4) placed competitors in each division, 8 years and above, will be expected to compete at the Zone Carnival.

Staff from Rosebank and UCC (or a negotiated representative from a First North school) will supervise students at the next carnival.

Points:

The average finishing position of each school is calculated and then the schools are ranked 1st to 6th. 1st place receives 12 points and each school receives 2 points less for each position that is achieved (If a school has no competitors the 1st place points reduce by 2). The age division totals are added together and the school with the highest total wins. In the case of a count-back the School with the greatest number of 1st place positions wins.

Ribbons:

Ribbons will be awarded to the first four (4) runners in each race. The recorder will record the names and places of the first six (6) runners with 5th and 6th place being reserves for the Zone Carnival.

Trophies: The **First North Perpetual trophy** will be awarded at the culmination of proceedings.

Regards,

Juanita Thomson & the Rosebank Team

First North District Cross Country Clunes P S

6.5.2019

Permission Slip

- I have read all of the information about the First North Cross Country.
- I give consent for my child _____ (print child's name) in Class _____ to participate in the Cross Country Monday 6th May 2019.
- I have advised the school of any medical conditions or other information relevant to my child's participation. ****Attach written advice as necessary****
- I understand that travel to and from Clunes is by private transport to be arranged by me.
- I understand my child will need to be in school uniform, wear appropriate running shoes and bring a packed recess, lunch, plenty of water to drink, a broad brimmed hat and sun block.
- My child/children will be travelling to and from Clunes Public School with

Parent/Carer Signature: _____

Date: _____

