



# Rosebank Public School

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[www.rosebank-p.schools.nsw.edu.au](http://www.rosebank-p.schools.nsw.edu.au)



## First North District Cross Country

**The First North K-6 Cross Country is on Wednesday 21 April 2021 at**

**Clunes Public School**

### Important Information:

- Staff will be assigned at entry points. As parents enter the entry points, there will be a sign on sheet. Parents need to write their name on their listed school sheet. There will be QR codes on entry. If someone in your party does not have a smart phone, someone will need to add them as a dependent. Parents are welcome to the carnival but need to stay in their school group and distance themselves by 1.5m as per the current COVID rules particularly when walking to the toilet area and accessing the canteen.
- School and viewing areas will be clearly assigned to be in line with Covid-19 protocol.
- Toilet facilities and the first aid area will be pointed out to students and adults at the beginning of the day. Students will need to ask their supervising teacher's permission to go to the toilet area in pairs.
- The Rosebank P&C will be catering for the event. Organisation re Covid-19 protocol will be emailed to schools next week.
- Multi-Class students will run with their age group and will be timed independently.
- Parents are not to be on the track or on the inside of the track whilst events are in progress.
- While we will have a first aid station on the day each school remains responsible for ensuring students receive appropriate first aid if required.
- Ice packs will be available from the canteen.

### 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 your child on their hand or pin a tag onto their shirt with their age on it prior to the carnival to lessen confusion about which age group your child should be in on the day.***

## Travel

Travel will be by private vehicle to and from Clunes Public School. There will be staff members from our school at Clunes Public School from 8.30 am to supervise your child. Staff attending on the day will be Mrs Golding, Mr Pescia and Mrs Thomson. Do not turn up to Rosebank PS on the day as there will be no teaching staff on the school site. If you need assistance with transport please advise the school two days prior to the event, not on the day of the event.

Students 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 toilet and canteen to be in line with Covid-19 protocol.

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 students are accounted for at day's end.

## What to Bring

Students 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. A separate note will be sent home next week about the canteen organisation for the day.**

## 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 1<sup>st</sup> to 6<sup>th</sup>. 1<sup>st</sup> place receives 12 points and each school receives 2 points less for each position that is achieved (If a school has no competitors the 1<sup>st</sup> 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 1<sup>st</sup> 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 5<sup>th</sup> and 6<sup>th</sup> 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

Wednesday 21 April 2021

### 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) to participate in the Cross Country Wednesday 21 April 2021.
- I have advised the school of any medical conditions or other information relevant to my child's participation. **\*\*Attach written advice as necessary\*\***
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- 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

\_\_\_\_\_

And will be taken home with \_\_\_\_\_

Parent/Carer Signature: \_\_\_\_\_ Date: \_\_\_\_\_