



# Rosebank Public School

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21/4/23

## First North District Cross Country

Friday 5<sup>th</sup> May 2023 at Clunes Public School

Get your running shoes on as our annual First North Cross Country event is just around the corner! This is a whole school event, so there will be no supervising staff at Rosebank Public School on the day. Students are to meet at Clunes PS from 8:30am and transport is by private vehicle.

### Important Information:

- Parents are welcome to the carnival but need to stay in their school group.
- 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.
- 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.
- There will be a first aid station on the day however 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 your child turns this calendar year 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 Astone, 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 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



26/4/23

## First North District Cross Country Clunes P S

### Friday 5<sup>th</sup> May 2023 Permission Slip

Please return completed permission note to school office by Monday 1<sup>st</sup> May 2023.

Tick to Consent	
	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, Friday 5 <sup>th</sup> May 2023.
	I have advised the school of any medical conditions or other information relevant to my child's participation. <b>**Attach written advice as necessary**</b>
	I understand that travel to and from Clunes is by private transport arranged by me.
	I understand my child will need to be in school uniform, wear appropriate running shoes and bring a packed recess, lunch (and /or money for canteen), plenty of water to drink, a broad brimmed hat and sun block.
	I acknowledge that this event/activity is required to be held in accordance with any current NSW Health COVID-19 Public Health Orders and the NSW Department of Education's policies and procedures. I acknowledge and accept that there is a risk that my child may be exposed to COVID-19 whilst attending and participating at this event. I confirm that my child will not attend if displaying any symptoms of illness, and/or if directed to isolate under public health orders.

My child/children will be travelling to and from Clunes Public School with

\_\_\_\_\_

And will be taken home by: \_\_\_\_\_

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