2016 Annual Cross Country Carnival

Dear Parents and Caregivers,

Our Annual Cross Country Carnival will be held on Friday, 1 April, commencing at 9:30am. Please find listed below the arrangements.

When: Friday, 1 April, 2016
Where: Windang Public School
Back Up Date: Thursday, 7 April, 2016
Uniform: Sports Uniform with House Colours, appropriate running shoes (not volley or Raben type shoes), hat
Extras: Sunscreen, "Crunch and Sip" and water
Food: There will be a pre-ordered BBQ for students, catered by the P&C. The canteen will be available.

Special Needs/Medical Conditions: We request that adults supply a "bumbag" or similar for asthma and/or anaphylactic medications for students whilst at the carnival. Parents must give written permission and directions for the administration of any medication taken during the carnival. In all cases, medication must be labelled with the student's name, dosage and frequency of administration.

The children will be running the approximate distances listed below:
- 5,6 and 7 year olds - 600 metres
- 8,9 and 10 year olds - 2km
- 11 and 12 year olds - 3km

Some students will be running outside the school grounds for part of the course, although under the supervision of teachers. This will be along the Oakland Avenue footpath. Parents and caregivers should advise the school if this is of any concern. Along the whole course, teachers and helpers will be supervising the track.

The program for the morning is as follows:
- **Start: 9:30am:**
  - 11 year old boys, followed by 11 year old girls
  - 12 year old boys, followed by 12 year old girls
  - 5/6 year old boys, followed by 5/6 year old girls
  - 7 year old boys, followed by 7 year old girls
  - 8/9 year old boys, followed by 8/9 year old girls
  - 10 year old boys, followed by 10 year old girls

Parent helpers will be needed to assist with various responsibilities at the carnival. If you are able to assist, please see Mrs McDonald either before or on the day.

Students who are successful from the 8/9 years to 12 years boys and girls races will represent the school at the District Cross Country on Friday, 6th May at Blackbutt Reserve. (Wet weather back up is Monday, 16th May).

We look forward to seeing you there!

Mrs McDonald (Sports Co-ordinator)