

# St Thomas' Cross Country Program



**Friday 29 March 2019**

**VENUE:** Willoughby Park and Oval

**TIME:** Depart school on foot at 9:10am for a 9.30am start.  
Return by 12:30pm.

## (Approximate times only)

9:10am	Students leave school to walk to Willoughby Oval with their teachers	
9:30am	walk the course	
10:00am	12 Years Girls and Boys	3km
10:15am	8 Years and under Girls	2km
10:25am	8 Years and under Boys	2km
10:35am	9 Years Girls	2km
10:40am	9 Years Boys	2km
10:45am	10 Years Girls	2km
10:50am	10 Years Boys	2km
11:00am	11 Years Girls & Boys	3km
11:10am	Presentation of House points then students walk back to school with their teachers	

Students will run in their age group which is the age they are turning **this year**:

8, 9 10 Years – 2 kms

11, 12 Years - 3 kms

- Students will be sitting in their house groups.
- All participants will receive house points.
- Ribbons will be allocated to place getters and the House Cup will be awarded to the winning house.

## WHAT TO WEAR/BRING:

- The children are to wear their sports uniform, including their hat, with their *house colour shirt*.
- Please ensure that your child has sunscreen and morning tea including water to drink.

## MEDICATION:

Please ensure that any child who requires Asthma medication brings their puffer with them and runs with it in his/her pocket.

Good luck - run hard and have fun!