



2nd March 2023

WYONG PUBLIC SCHOOL CROSS COUNTRY CARNIVAL K-6

This term we will be holding the school's Annual Cross Country race. All students are asked to compete in this race and may do so at their own level whether it be running or walking. Students will complete the race on site around the school.

There are five age divisions:

- 8/9 year old girls/boys -2km
- 10 year old girls/boys – 2km
- 11 year old girls/boys – 3km
- 12/13 year old girls/boys – 3km
- 5/6/7 year old girls/boys (fun run only)

The selected finalists from each division (except the fun run) will continue on to compete in the Tuggerah Lakes PSSA Zone Cross Country.

WHEN: Friday, 10th March 2023

TIME: Commencing at 9.15am and intending to finish by 11.30am

WHERE: on school oval

WHO: **ALL** students Kindergarten to Year 6

Special Instruction:

- **Asthmatics will need to carry their own puffer during the race**
- Sunscreen to be applied
- Full school sports uniform and joggers to be worn
- Hats to be worn
- Water bottle

Parents/carers are welcome to come along and watch the event. We ask that you bring along a seat and you can set up on the concrete near the coloured seat shelters next to the top oval. This will ensure you are in a safe place for when the event begins.

Please be advised 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. There may be a risk that your child may be exposed to COVID-19 whilst attending and participating at this event. Your child must not attend if they are displaying any symptoms of illness, and/or if directed to isolate under public health orders.

Thank you

Mrs C Brechney
Sport Co ordinator

Damien Borrow
Principal (Relieving)

NON PARTICIPATION WYONG PUBLIC SCHOOL CROSS COUNTRY

ONLY TO BE RETURNED IF NOT COMPETING

I **DO NOT** want my child of class
(Parent name please print) (Please print)
to compete in the Wyong Public School Cross Country on Friday, 10th March 2023.

- I understand they will **only spectate** on the day of the event and **NOT** compete

Signed Date