

Cross Country Carnival 2017

Wednesday, 22 March 2017

Dear Parents and Caregivers,

The Killara High School annual Cross Country Carnival will be held on Tuesday 4 April 2017 (Term 1, Week 11). The event will be competitors only for students in Years 9-12. The details are as follows:

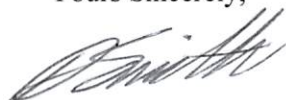
- Venue:** Koola Park
Koola Ave, East Killara.
- Travel:** Students will be walked to and from the venue by supervising teachers. Roll call will be taken in the canteen at the start of Period 3. Students will participate during Period 3 and lunch. They will return to school for period 4.
- Dress:** Students need to get changed into their PE uniform during Recess B. They are to be in normal school uniform for the rest of the day.
- Race Schedule (times are approximate):**
12:00pm- 16, 17 and 18 Years Boys (5km) and Girls (4km)
12:20pm- 14 and 15 Years Boys (4 km)
12:40pm- 14 and 15 Years Girls (3km)

Information for students to remember:

- **Competitors need their online consent form completed by Thursday 30 March 2017.**
- Year 9, 10, 11 and 12 competitors will meet in the canteen at the start of Period 3.
- Periods 1, 2 and 4 will be as normal so pack correct equipment for those lessons.
- Students need to ensure they are adequately hydrated before the event and have a bottle of water with them during and after they have completed the event.
- Some shade will be available as will sunscreen, however, students are advised to bring a hat and apply sunscreen prior to the event.
- There will be no canteen at the venue so students need to bring their own food and drinks to sustain them through lunch.
- Students who have asthma will need to bring their medication on the day and carry it on them during the run.

Parents are welcome to volunteer as an official or to be spectators on the day. Please contact the PDHPE staff at the school on 9498 3722 or duncan.john.smith@det.nsw.edu.au should you wish to volunteer.

Yours Sincerely,



Mr D. Smith
Head Teacher PDHPE



Ms C. Marchesin
Deputy Principal