

Zone Cross Country Carnival 2017

Congratulations to your child who has been selected to represent Killara High School at the Zone Cross Country Carnival. The details are as follows:

Date:	Wednesday 24 May 2017
Bus Departs Killara High School:	8:30am
Carnival Start:	“Walk the course” takes place at 9:00am
Carnival End:	Final presentation takes place at 2:00pm. Students will return to school for their regular buses.
Location:	St Ives Showground 450 Mona Vale Road, St Ives Chase
Supervising Teachers:	Mr Smith and Ms Muller
Cost:	N/A

Students are to meet in the canteen no later than 8:15am. Roll call will take place and students will be directed to the bus. The bus will be leaving the venue at approximately 2:20pm, after the presentations. It will return to school in time for students to catch normal afternoon buses home.

All students are expected to follow the school’s code of behaviour. Students are required to wear **full sports uniform**. A KHS representative singlet will be provided on the day for each student to wear while competing. Any student who is not in full sports uniform will not be allowed to attend the carnival.

There is a canteen at the venue, however, it is advisable that students bring their own **food and water** to stay energised and hydrated on the day.

Students who have asthma or other medical issues will need to bring their medication on the day and carry it on them during the run.

Killara High School students will participate in the carnival as a team and will be expected to stay in their area and support their team mates when not competing themselves.

In the event of extremely poor weather, which would affect the safety of runners, the carnival will be postponed. A message will be placed on the school Facebook page if this is the case.

Training - Prior to the carnival date, the zone team will be required to attend training sessions before school. These training sessions will occur on Thursday 11/5 and Friday 12/5 of week 3 and Wednesday 17/5 and Thursday 18/5 of week 4. Meeting point and time for each session will be the school canteen at 7:30am.

Yours sincerely,



Ms L Muller
Team Manager



Mr D Smith
Head Teacher PDHPE



Ms. C Marchesin
Deputy Principal

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