

**NORTH ROCKS PUBLIC SCHOOL
CROSS COUNTRY 2009
Thursday May 7**

Dear Parents/caregivers,

North Rocks School will hold a cross country carnival on **Thursday May 7**. This date will facilitate the selection and training of the school cross country team to compete at the Castle Hill Zone on May 19th. The program timetable for our school carnival will be:

FIRST HALF		
Event	Distance	Starting Time
1. Girls 8/9 yrs born 2000/99	Approx 1500m	10.10am
2. Boys 8/9 yrs born 2000/99	Approx 1500m	10.15am
3. Girls 10 yrs born 1998	Approx 1500m	10.30am
4. Boys 10 yrs born 1998	Approx 1500m	10.35am
SECOND HALF		
Event	Distance	Starting Time
1. Girls 11 yrs born 1997	Approx 2500 m	11.30am
2. Boys 11 yrs born 1997	Approx 2500 m	11.35am
3. Girls 12/13 yrs born 1996/95	Approx 2500 m	11.55am
4. Boys 12/13 yrs born 1996/95	Approx 2500 m	12.00pm

It is hoped that as many children as possible compete in these events.

Some information:

- Sport uniform and suitable footwear are to be worn.
- Students who suffer asthma should have their puffers with them.
- The canteen will operate as normal on the day.
- Spikes cannot be worn.
- The first event is scheduled for 10.10 am and the last event should be finished before 12.30pm.

If you could help by being a 'course supervisor' which involves being a visible marker for the children to run past, giving directions and ensuring that no short cuts or wrong turns are made, then please detach and return the section at the bottom of the page, to Mr R Cummins by Monday 11th May .

The Castle Hill Zone Cross Country Carnival will be held on 19 May 2009

Teachers of year 5

Peter Harker
Principal

30th April 2009

I am willing to act as a 'course supervisor' at the school Cross Country Carnival on Thursday May 7 2009

Parent Name: _____ Parent Signature: _____

Child's Name: _____ Child's class: _____

Please circle which sessions you are available: First half Second half Both halves