



7 May 2019

This year St Joseph's School will be hosting the St Joseph's/Sacred Heart Cross Country at the Scenic Reserve on **Tuesday 21 May**

The postponement date is **Friday 24 May**

All students will be participating in their appropriate class or age groups. We expect to see all students running in their correct St Joseph's School sports uniforms, but some warmer clothing will be needed before and after. All students need to bring a drink and snack to keep them going throughout the afternoon. **The students will travel there by bus, departing at 12.15 pm to be ready for the first race at 1.00 pm.**



Race Order

- | | |
|-----------------|---|
| 1. New Entrants | Once around the grassy area (475m) |
| 2. Year 3 and 4 | Twice around the pond (1700m) |
| 3. Year 1 and 2 | Once around the Duck Pond (800m) |
| 4. Year 7 and 8 | Once around the pond, then the upper track, then once around pond again (3km) |
| 5. Year 5 and 6 | Once around the pond then the upper track (2200m) |

In order for this event to run smoothly we require a large number of parent helpers. Most helpers will be marshals on the day, directing the runners around the course.

Please complete the online form if you are willing to assist on the day. This would be most appreciated by Wednesday 15 May

[Parent Help Request Form](#)

IMPORTANT - 100% response required

Parents are requested to arrange transport for their children after **all** the events are completed.

There will be NO BUSES returning to school after the event.

Please complete the form to indicate that you will collect your students from the Scenic Reserve.

please complete by Wednesday 15 May

[Student Pick Up Form](#)

Ice blocks will be handed out at the end of each race.

If a student is not able to eat ice blocks would parents please supply something they are able to have.

Ali Talbot
SPORTS COORDINATOR