



**Our Lady of Good Counsel
Catholic School**

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Diocese of Broken Bay

14th March 2019

Dear Parents,

The OLGC Cross Country will take place on Wednesday the 3rd of April 2019 at Forestville Park (Ferret Oval), Currie Road, Forestville. All children in Years 2-6 will be taking part.

The carnival will occur throughout the school day. Events will commence with 12 year olds who will start racing at approximately 9.30am. Events will then be conducted in age groups with all events expected to be completed by approximately 1230pm. Each grade will walk with their teachers to the park at an allocated time and will walk back to school with their teachers following their event.

Please ensure that your child is wearing their full sports uniform, school hat and sensible running footwear. They will need to bring their crunch n sip, recess and lunch to school as usual. You might like to send an extra refillable water bottle with your child and ensure that they have applied sunscreen in the morning before sending them to school.

Boys and girls in Years 3-6 and those students in Year 2 who are turning 8 during 2019 are eligible to be selected for the O.L.G.C Cross Country Team, assuming they have run the entire course. To be selected, they must complete 2km for 8/9/10 years or 3km for 11/12 years. All students will start the course, however they are allowed to withdraw at any time or walk. Students who require medication for asthma will run with it in their pocket– they will need to collect their medication from the office prior to going to the park.

If you can help with checkpoint supervision or recording it would be much appreciated. Please indicate your availability on the permission slip below.

If you would like to come to the cross country as a spectator, please see the times that classes will begin to walk to the oval listed in the table. Exact starting times of each race are not known.

Walk time	
9:20am	Years 5 and 6
10:00am	Year 4
10:20am	Year 3
10:45am	Year 2

Please be aware that the gate at the park will remain closed and the only access will be on foot. This is to ensure the safety of our children. Please find parking outside and walk in.

Regards
 Ryan Copping
 (Sports Coordinator)

O.L.G.C Cross Country 2019 PERMISSION NOTE

Please complete this form and **return to the class teacher no later than Friday 22nd March**

Child's Name: _____ **Class:** _____

I give permission for my child to walk to and from Ferret Park, Forestville with their class teacher and compete in the O.L.G.C Cross Country on on Wednesday, 3rd of April, 2019.

Please tick below if you are able to assist.

- I can help throughout the day with checkpoint supervision or recording.

Helper's Name: _____ Phone: _____

Parent/Guardian Signature: _____ **Date:** _____