

# THOMAS MITCHELL PRIMARY SCHOOL

## CROSS COUNTRY RUN 2021

Thursday 18<sup>th</sup> March 2021

Dear Parents,

Thomas Mitchell PS will conduct its annual Cross Country Run next Tuesday 23<sup>rd</sup> March on the oval at Thomas Mitchell PS. All students are expected to compete as part of the physical education program. Due to COVID -19 restrictions we will NOT BE INVITING SPECTATORS, however if you wish to assist in the running of the Year 4 to 6 event please see or speak to Mr Tim Gouge no later than Friday 19<sup>th</sup> March. We are looking for parents to help as course officials, marshals' and scorers. We do not require parents for the Year Prep to Year 3 event at this stage.

The details are as follows:

### Prep, Yr 1, Yr 2 & Yr 3

The prep, 1, 2 & 3 cross-country event will be held during session 3 and 4 (11:20 am – 12:50 pm) straight after recess. Students will run in their year groups divided into a girls and boys race.

### Year 4, 5 & 6

The Year 4, 5, 6 cross-country event will be held straight after lunch session 5 and 6 (2.00pm -3:20pm).

Students will run in **age groups according to their age as of 31<sup>st</sup> December 2021.**

- Running order will be 9/10 Girls, 9/10 Boys, 11 Girls, 11 Boys, 12/13 Girls and 12/13 Boys.
- All students are expected to participate and do their best (but no dawdling as other races will be following).
- First 10 students receive a ribbon and lolly while the following placegetters receive a place card & lolly.
- The first 9 students from each age group will progress to the District Cross Country event. Therefore, remind students if they want to make the Cross Country team they have to be able to run the whole distance!

Students are to wear their school uniform including polo shirt, preferably shorts, and runners. I would encourage tracksuit pants and jumpers to also be worn to keep muscles warm while waiting to run.

YOU CAN WEAR	YOU CAN'T WEAR
<ul style="list-style-type: none"><li>• House coloured t-shirt, shorts, pants (If there is a small picture on your clothes, but is predominantly your house colour that is ok!!)</li></ul>	<ul style="list-style-type: none"><li>• Jeans</li></ul>
<ul style="list-style-type: none"><li>• Skins – under shorts</li></ul>	<ul style="list-style-type: none"><li>• Coloured Hairspray</li></ul>
<ul style="list-style-type: none"><li>• School Uniform</li></ul>	<ul style="list-style-type: none"><li>• Coloured Zinc</li></ul>
<ul style="list-style-type: none"><li>• Bring a warm jacket (if weather is cold)</li></ul>	<ul style="list-style-type: none"><li>• Boots/football boots/slip on shoes</li></ul>
<ul style="list-style-type: none"><li>• House coloured ribbons/scrunchie in your hair</li></ul>	<ul style="list-style-type: none"><li>• Necklaces</li></ul>
<ul style="list-style-type: none"><li>• House coloured hat</li></ul>	<ul style="list-style-type: none"><li>• Dangly earrings</li></ul>
<ul style="list-style-type: none"><li>• 1 wrist band in your house colour</li></ul>	<ul style="list-style-type: none"><li>• Singlets</li></ul>
<ul style="list-style-type: none"><li>• Runners (NOT SCHOOL SHOES)</li></ul>	<ul style="list-style-type: none"><li>• Makeup/nail polish/tattoos</li></ul>
	<ul style="list-style-type: none"><li>• Really small shorts</li></ul>
	<ul style="list-style-type: none"><li>• No costumes</li></ul>

Distance to be covered in each event:

Prep: 1/2 lap of oval

Year 1: 1 lap of oval

Year 2: 1 & 1/2 laps of oval

Year 3: 2 laps of the oval

Age 9/10: large lap around surrounding area of the oval & lap of oval

Age 11: lap of oval, large lap around surrounding area & lap of oval

Age 12/13: lap of oval, large lap around surrounding area & lap of oval

I expect that all students are looking forward to a fun day by supporting their fellow students to earn house points. Good luck to everyone!

Tim Gouge  
Sports Coordinator

John Hurley  
Principal