

Primary Cross Country 2019



Dear Parents/Guardians,

Please see below for detailed information regarding the Primary Cross Country for 2019. Parents welcome!

Venue:	<ul style="list-style-type: none"> Nesca Park Cnr Nesca Parade & Brooks Street, Cooks Hill NSW 2300
Date:	<ul style="list-style-type: none"> Thursday 4th April 2019 (Thursday Week 10)
Cost:	<ul style="list-style-type: none"> As the cost for Cross Country is such a small fee, no money will be requested before this carnival. To cover the hire fee for the Cross Country, \$2 will be added onto Athletics Carnival cost later this term.
Students involved:	<ul style="list-style-type: none"> All students in years 3-6
Time:	<ul style="list-style-type: none"> 9:30am-11:00am (races will begin at approximately 9:45am) Students and teachers will depart NEPS at 9:00am and walk to the venue
Event order:	<ul style="list-style-type: none"> 8/9 years boys/girls (2km) 10 years boys/girls (2km) 11 years boys/ girls (3km) 12/13 years boys/girls (3km) The first 3 students in each age group will be selected to represent Newcastle East P.S. at the Zone Cross Country at Stevenson Park in Mayfield on Friday 3rd May
Uniform/Equipment:	<ul style="list-style-type: none"> Students should wear a t-shirt in their sports house colour, comfortable running shorts and joggers Sunscreen and school hat Recess, lunch and lots of water to drink Asthma sufferers are permitted to carry their puffers for use during the race if needed
Back up dates:	<ul style="list-style-type: none"> The slip below will cover parental consent if the carnival needs to be moved to a back up date
IMPORTANT:	<ul style="list-style-type: none"> Please ensure your child applies sunscreen before school and drinks plenty of water to avoid dehydration Permission notes and payment due Wednesday 27th March

Laura Kirkman - Sports Coordinator

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Permission & Medical Note

I give permission for my child _____ of class _____ to walk under teacher supervision to and from Nesca Park to attend Newcastle East Public School's Cross Country on Thursday 4th April 2019.

Signature of parent/caregiver: _____ Date: _____

Special needs of my child: _____

Please return this slip to your CLASSROOM TEACHER by Wednesday 27th March 2019.