Dear Parents

House Cross Country Carnival

You are cordially invited to attend the 2015 House Cross Country carnival to be held on Thursday 12 March at the college athletics oval. This year, the Primary (Years 3-6) House Cross Country carnival will provide two avenues for our students to participate in on Carnival day, the Age Division Races (competitive) and the Fun Runs (non-competitive). Further information regarding which event your child will participate in can be found on the reverse of this letter. The proposed carnival schedule is outlined on the third page of this letter.

The students will need to wear their full and correct sports uniform and are encouraged to show their support for their house team by wearing a house colours T-shirt. Listed below are the house colours.

- Asher – Red
- Ephraim – Yellow
- Judah – Green
- Levi – Blue

The college recommends that students pack an extra drink bottle in addition to their usual packed lunch. The school tuckshop will also be in operation as per normal, and students may purchase lunch through the class tuckshop box system.

Due to the nature of the events scheduled, the provision of shade cover is limited. To maximise protection from the sun, please ensure that your child has his/ her hat and applies sunscreen at regular intervals throughout the day. Some seating will be available and it would assist us greatly if parents could also bring their own chairs.

Parents, please note: Any absences or non-participation will need to be accompanied by a note addressed to the student’s class teacher.

We are anticipating a wonderful display of athleticism and would love to see as many parents, grandparents and friends as possible to add to the spirit of the carnival and the children’s enjoyment. If you are interested in assisting at the Cross Country Carnival please indicate this in the response form below.

Yours sincerely

Jay Pearson
HEAD OF HPE & SPORT – PRIMARY

__________________________________________________________________________

House Cross Country Carnival
Please return to Mr Pearson by Thursday 5 March 2015

☐ Yes, I am able to assist as an official/ timekeeper at the House Cross Country Carnival.

Name:__________________________________________  Student’s Name and Class:________________________

Contact number:__________________________  e-mail address:________________________________________
2015 Years 3-6 House Cross Country

Races and Fun Runs

In 2015, the Primary House Cross Country Carnival will provide two avenues for our students to participate in on Carnival day, the Age Division Races (competitive) and the Fun Runs (non-competitive). The two formats are designed to cater for our students with different interests and/or abilities. A brief description and goal of each cross country event is outlined below.

**Age Division Races (competitive)**
- Students qualify for their Age Division (according to year of birth) Race through satisfying the race standards.
- Race standards are completed during the Jacob's ladder competition with their class teacher.
- Race standards are as follows:
  - 8 Year Olds (born 2007) - 1.2km (3 laps of the oval) in 10 minutes
  - 9 Year Olds (born 2006) - 1.6km (4 laps of the oval) in 15 minutes
  - 10 Year Olds (born 2005) – 2.0km (5 laps of the oval) in 15 minutes
  - 11 Year Olds (born 2004) - 2.4km (6 laps of the oval) in 15 minutes
  - 12 Year Olds (born 2003) - 2.4km (6 laps of the oval) in 15 minutes
- Race standards are assessed in the last two weeks of the Jacob's ladder competition.
- Qualifiers will be announced on Monday, 9 March 2015, in the week of the house cross country carnival.
- Age Division Races are as follows:
  - 8 Year Olds (born 2007) race 1.0km
  - 9 Year Olds (born 2006) race 1.6km
  - 10 Year Olds (born 2005) race 2.0km
  - 11 Year Olds (born 2004) race 3.0km
  - 12 Year Olds (born 2003) race 3.0km
- Age Division Races are competitive and the race courses are closed to spectators except for authorised viewing points. Running alongside/pacing of competitors is strictly prohibited and will be grounds for disqualification.

**Fun Runs (non-competitive)**
- Students who do not complete the race standards for their age division during Jacob’s Ladder will participate in the fun runs.
- Fun runs are non-competitive.
- Parents and friends are encouraged to run alongside their child in the Fun Runs if they would like to. Courses are open to spectators and competitors alike during these events.
- Fun runs distances are as follows:
  - 8 Year Olds (born 2007) run 600m
  - 9 Year Olds (born 2006) run 600m
  - 10 Year Olds (born 2005) run 1.0km
  - 11 Year Olds (born 2004) run 1.0km
  - 12 Year Olds (born 2003) run 1.0km
VENUE: Citipointe Christian College – Athletics Oval.

CARNIVAL PROGRAM:

Students arrive & assemble in house areas 8:50am
Welcome & Prayer by Mrs. Gravestein 9:00am
10 Year old Girls (BORN 2005) 2km Race 9:10am
10 Year old Boys (BORN 2005) 2km Race 9:11am
12 Year old Girls (BORN 2003) 3km Race 9:20am
12 Year old Boys (BORN 2003) 3km Race 9:21am
9 Year old Girls (BORN 2006) 1.5km Race 9:30am
9 Year old Boys (BORN 2006) 1.5km Race 9:31am
11 Year old Girls (BORN 2004) 3km Race 9:40am
11 Year old Boys (BORN 2004) 3km Race 9:41am
8 Year old Girls (BORN 2007) 1km Race 9:50am
8 Year old Boys (BORN 2007) 1km Race 9:51am
10 Year old Boys and Girls (BORN 2005) 1km Fun run 10:00am
11 Year old Boys and Girls (BORN 2004) 1km Fun run 10:00am
12 Year old Boys and Girls (BORN 2003) 1km Fun run 10:00am
8 Year old Boys and Girls (BORN 2007) 600m Fun run 10:05am
9 Year old Boys and Girls (BORN 2006) 600m Fun run 10:05am

Estimated time of last finisher 10:20am
Students assemble into class groups in house areas 10:35am
Awards and thanks 10:45am

AWARDS: Age Division Race Medallions will be awarded to 1st, 2nd, and 3rd placegetters. An Overall Points Trophy will be awarded to the winning house.

REPRESENTATIVE HONOURS: The top ten placegetters in each Age Division (eg. Girls born 2003) will be selected as part of the Primary Cross Country Squad. School representatives will be selected from the Squad to compete at the Mt Gravatt District (10-12 Year Olds, 27 April), Christian Schools (9-12 Year Olds, 4 May) and Inter Collegiate Schools (9-12 Year Olds, 21 May) Carnivals.