



**CHRISTIAN
COLLEGE**

GEELONG

March, 2017

House Cross Country Championships

Dear Parents,

The House Cross Country Championships for Year 5 – 9 will be held on **Wednesday 26th April at the Christian College Senior Campus, Pigdons Road Waurn Ponds.**

Participation: The College believes participation in House competition is an integral part of the school sport program. At most, the Cross Country involves 30 minutes of moderate exercise, therefore we expect all students will participate. If your child is ill or injured, please ensure that a note or email explaining the details of the illness or injury and what participation is allowed is handed or sent to their homeroom teacher before the event. Students will participate in the following events.

Event 1	Girls & Boys Year 5 and 6	3km	1.00pm
Event 2	Girls & Boys Year 7	3km	1.30pm
Event 3	Girls & Boys Year 8	3km	1.50pm
Event 4	Girls & Boys Year 9	3km	2.15pm
2.55pm Year 5 – 9 Age Champion & House Trophy Presentation			

Please note: Start times are approximate and races may begin before/after the scheduled time.

The top three place getters of each race will receive a medallion. The first ten students for each race will represent Christian College at the;

Year 5 & 6; Deakin District Cross Country on Thursday 4th May.

Year 7 – 9; GISSA Cross Country on Wednesday 31st May.

Travel Arrangements:

12.00pm Year 5 and 6 students walk to Senior School with their homeroom teacher

12.30pm Year 7 students walk to Senior School with their homeroom teacher

12.55pm Year 8 and 9 students walk to Senior School with their homeroom teacher

3.15pm Middle School students return to their campus with their homeroom teacher

Uniform: All students are to wear their **House polo** with their College sports gear to school on the day.

Lunchtime canteen at Middle School will not be available on this day.

Parents are warmly invited to attend and watch their children participate. We ask that you park in the carpark, on the right hand side inside the Senior School gates.

Food; students need to pack extra snacks, that can be eaten throughout the day.

Drink; it is expected that all students will bring a **full drink bottle**. Drink taps and toilet facilities are located near the finish line.

Medical: Students with special medical needs are required to bring their own medication i.e. Ventolin, Epipen. If your child's medical condition has altered since completing the medical form at the beginning of the school year, please ensure that you update information on the portal.

Yours sincerely,

Renee Garing

Middle School Sport Coordinator

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