

## Cross Country – Student Briefing

**Tuesday 12 April at John McGlashan College and Ross Creek**

- All students are expected to participate!
  - if any student has a medical condition or injury that will limit participation in the Cross Country, a note stating the reason for non-participation is required along with a parents signature
  - Notes must be given to Ms Mason by Friday 8 April
  - Those girls who will not be taking part because of an injury / a medical condition and have provided a note, will need to meet Ms Mason at interval on Monday 11 April to be assigned a job to assist with the running of the event.
- This is a great opportunity to earn points for your house, get some fresh air and have an afternoon away from your school work – so make the most of it!
- For those of you who compete well, you will have the opportunity to go on and represent the school at the upcoming Cross Country Series over the next few months.
- Sports uniforms including tracksuit can be worn to school on Tuesday, but it must be the correct uniform!
- You can wear your house colours when competing only!
- Make sure you dress appropriately for the weather i.e. ensure you have warm clothes for before / after competing (e.g. polypro, etc.)
- Eat sensibly before the event and bring snacks for after the race
- Ensure you keep hydrated throughout the day – BRING A DRINK BOTTLE
- Assemble in the Quad at 1.15pm
  - Yr 7 & 8 closest to the Art Room – Year 13 by the Hall
  - Roll call will be done
- Buses will transport you to the John McGlashan Field
  - do not leave anything on the bus
- You will be expected to make your own way home from John McGlashan College after the event
  - if parents are picking you up, most of you will be finished by 3:00pm
  - for those who need to get back to school for buses, you will have time to do so
- Parents are most welcome to come and support

## **Race Information**

- There are three courses this year
  - Y7 & 8 Course – is the same as in 2015 (refer to the course map and information)
  - Year 9 – 13 Full Course is the same as in 2015, starting in separate year levels (refer to the course map and information)
  - Year 9 - 13 Short Course will be completed within the Ross Creek Tracks in which you are expected to jog / power walk. The Short Course will commence directly after the Y13 Full Course Race and a “Tail End Charlie” will set the minimum pace for this event, i.e. you must stay ahead of the “Tail End Charlie” (refer to the course map and information)
  - **NOTE:** There is no Street Walk this year! The Short Course has replaced the Walk!

## **Race Order / Start Times**

Year 7 & 8	2:00pm
Year 9	2:05pm
Year 10	2:10pm
Year 11	2:15pm
Year 12, 13 & Year 13 Relay	2:20pm
Year 9 – 13 Short Course	2:25pm

## **REMEMBER:**

- Warm up and stretch before you start!
- Asthmatics – ensure you have your inhaler with you
- Keep to the left of the track and let others pass on the right
- There will be marshalls and/or cones on the courses, so there is no chance you will get lost

## **END OF EVENT:**

After you have completed your event, you are to remain at the John McGlashan Field until Mrs Barron dismisses you around 3:00pm.