DOMINIC COLLEGE

A Catholic School in the Salesian Tradition

27 April 2015

Dominic Cross Country 2015

Year 3 – 6

Dear Parents/Guardians and Students,

The 3-6 Cross Country's will be held **on Wednesday June 10, 2015.** Exact times of individual races are still yet to be finalised and this information will come out closer to the event but I can tell you the event will begin after recess from 11.10am.

We will be running the following races:

- **Competitive Race** (from which our school representative team will be chosen- Grades 3-6)
- **Fun Run** (A shorter race designed for participation and fun- Grades 3-6)

Both the Competitive Race and the Fun Run for grades 3-6 will contribute points to house groups. Places will be recorded in the competitve race, but not in the Fun Run. Grade 3-6 students will be asked to elect the race that they wish to run in at house meetings that will be held next month. I would encourage grade 3-6 students to aim to compete in the competitive race if they think they are able to complete this distance. Grades 3/4 run 2km and grades 5/6 run 2.5km. Students will be practicing the course during PE lessons this term.

Parents are most welcome to come and watch the events on the day and join in the fun runs.

What to Wear: Students wear Sports Uniform (Wear clothing in house colour if you have some!)
What to Bring: Plenty of water to drink and healthy lunch/ snacks, warm clothes for when you aren't running and possibly a blanket to keep you warm.
Parents: If you are able to help out on the day could you please return the form below:

If you have any questions, please don't hesitate to ask myself or your son/daughters class teacher.

Mr Cameron Golding- K-6 Sport Co-ordinator (cgolding@dominic.tas.edu.au / 62746000)

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Cross Country 2015 Helpers- Please return ASAP if you are able to help

Name: _____

Child's Name:_____ Child's Class_____ (E.g. 3B)

I am able to help out during the Cross Country on Wednesday June 10, 2015.