



20<sup>th</sup> May 2015

Dear Parents/Guardians and Students,

The Inter-House Cross Country Carnival is to be held next **Friday 29<sup>th</sup> May at Dominic College.**

#### **TIMETABLE**

8:35 - Morning Pastoral Group  
8:55 – 9:35 Period 1  
9:35 - 10:20 Period 2  
10:20 – 10:40 Recess  
10:45 – 11:30 Period 3  
11:30 – 12:00 Lunch  
12:00 - Head to oval for Cross Country  
12.15 - Carnival Start  
3:22 – Students dismissed

#### **STARTING TIMES (approximate – please listen to PA calls)**

##### **Short Course:**

12:15pm	U13	Girls
12:25pm	U13	Boys

##### **Medium Course:**

12:45pm	U14	Girls
1:05pm	U15	Girls
1:20pm	U14	Boys
1:40pm	U15	Boys
1:45pm	Open	Girls

##### **Long Course:**

2:00pm	Open	Boys
2.50	House tug-of-war finals	
3:00	Presentations	

- ❖ Students will move to the oval at 12 noon. **All students will need to take everything they require for the afternoon as no students will be permitted to go to the 7 – 10 Campus during the afternoon.**
- ❖ **Uniform:** All students are to wear full sports uniform to and from school but are encouraged to change into their **house colours** at lunch time.
- ❖ **Have a GO!!!** - All students are to have a go at the cross-country course and will gain points for their house. If students are medically unable to at least **have a GO** they must present a note of explanation to their PASTORAL TEACHERS at the beginning of the day.
- ❖ **Age Groups** – Students are to compete in their age groups taken from Jan 1<sup>st</sup>. If you were 13 then you run in under 14.
- ❖ **Distance** – There are three distances in this year's carnival depending on age group and gender.
- ❖ **FOOD!** – Students are asked to bring **their own lunch**. Students need to be sensible on the food they eat before competing and ensure they bring lots of sensible drinks. The canteen will only be open from 10:20-10:40am and 11:30-12 noon.
- ❖ **Scoring System-** The 1st place runner in each age/gender group will receive 20 points, 2<sup>nd</sup> – 19 points and so on down to 10<sup>th</sup>. To encourage participation every runner after 10<sup>th</sup> place will receive **FOUR** points for their house if the course is completed in a **predetermined time displayed at the carnival**. After that time all students who complete the course will receive one house point.

As always parent help and support on the day is most welcomed. Should any students or parents/guardians have any questions about the event, please email me at [mmillikan@dominic.tas.edu.au](mailto:mmillikan@dominic.tas.edu.au).

**Ms Nicole Millikan - Sports Coordinator**