



ST JOSEPH'S CATHOLIC HIGH SCHOOL

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20 March 2017

Dear Parent/Guardian,

Wollongong Diocesan Cross Country Carnival 2017

Your child has been selected to represent St Joseph's Catholic High School at the Diocesan Cross Country Championships. Please be aware that this is a selection event for the NSWCCC Cross Country which will be held at Eastern Creek on Friday 16th June. Details of the event are as follows:

Venue: "Willandra" Browns Mt Road, Nowra.

Date: Monday 1st May, 2017. Backup date is 17th May

Cost: \$20.00 (Includes entry fee, transport and casual staff cover. Please note that the cost of this event is heavily subsidised by the school and is this price regardless of the mode of transport chosen)

Payment: Payment is available at the office via Cheque/Cash or Eftpos. Alternatively, Online Payment is our preferred payment method. Go to the school website www.sjchsdown.catholic.edu.au Homepage, Notes & Payments and select the relevant link. This link closes at 3:30pm on the final payment date.

Transport: Bus (Warrigal Charters) or private transport

Departure: All students catching the bus will need to be at the Church Street entrance **by 7:15am**. It is important that students are prompt so as not to delay the departure.

Please Note: If students are going to be traveling to and from the venue with their parents, you will need to notify the school before the day. Please arrive by 8:30am. Students will not be permitted to leave the venue unless they are with a parent. Please indicate any alternate traveling arrangements on the return permission slip.

Arrival Time: The Carnival concludes at 2:00pm. Students should arrive back at St Joseph's by 3:25pm for normal afternoon buses.

Canteen: There will be a canteen operating at the venue.

Uniform: Students must wear sports uniform to the Cross Country event (This is a Diocesan requirement). The school will provide a running shirt for students on the day during their race.

Wet Weather: In case of wet weather there will be a message placed on the school website www.sjchsdown.catholic.edu.au. A message will also be posted on the St. Joseph's 'Skoolbag' phone app. The Wollongong CEO website also will have a twitter update on their webpage - www.ceodow.catholic.edu.au/ (then click the sport link).

In the instance of a cancellation students will be expected to attend school as normal.

Program of Events

8:45am	Schools assemble at the course
9.00am	Managers Meeting / Course Officials Meeting / Officials transported to checkpoints
9.45am	12 girls 3km
10.00am	12 boys 3km
10.15am	15 girls 4km
10.30am	15 boys 4km
10.45am	13 girls 3km
11.00am	13 boys 3km

PRESENTATION OF MEDALLIONS – 12 Years, 15, Years, 13 Years

11.30am	16 girls 4km
11.45am	16 boys 6km
12.15pm	14 girls 4km
12.30pm	14 boys 4km
12.45pm	17/18+ girls 4km/6km
1.00pm	17/18+ boys 6km/8km
1.45pm	Presentation

Recording Tables All students will be receive a finish token/card at the end of the race. This must be taken to the recording tables at the end of the finish chute. Students will have their place recorded and then should return to the school area. Failure to record a place will result in maximum points being allocated.

Footwear: All competitors are to wear shoes. Spiked footwear is not permitted.

Medical In a situation of injury runners are required to contact the nearest course official. Anyone who suffers from asthma should be encouraged to either take their puffer prior to the race or to run with their puffer.

Fluid Intake: Students are reminded of the importance of appropriate fluid intake needed the morning of the carnival and in the lead up to their race.

Protests: No competitor is to receive assistance or refreshments during the race. In the event that this becomes necessary, that competitor will qualify as "Failing to Finish". Any protest must be made in writing to the carnival manager within fifteen minutes of the event.

Parents are most cordially invited to attend the carnival.

Final payment is Tuesday 4th April, 2017; no notes or payments will be accepted after this date.

Yours sincerely,

Mrs M Garbutt
Representative Sport Coordinator

Wollongong Diocesan Cross Country Carnival 2017

Please note the Excursion Policy now states that the permission note must be returned by the due date or your child will not be able to participate.

Event: Diocesan Cross Country Carnival, Willandra. Nowra
Date: Monday 1st May, 2017 (wet weather backup date is 17th May)

I give permission for my child _____ of Homeroom _____ to compete in Wollongong Diocesan Cross Country Carnival at Willandra, Nowra on Monday 1st May 2017.

My child suffers from the following medical conditions: _____

I understand that students will be travelling to and from the venue by bus or private transport. Please indicate the transport arrangements for your child by ticking the appropriate box and completing required details below.

- ☐ My child will be traveling **to and from** the venue by **bus**.
- ☐ My child will be traveling **to the** venue by **bus** and will be picked up at 'Willandra' after the Cross Country by private transport
- ☐ My child will be traveling **from the** venue by **bus** and will be driven to 'Willandra' for the Cross Country by private transport.
- ☐ My child will be traveling by **private transport to and from** the venue.

Name of parent/Guardian who will be transporting your child to/from the venue:

Daytime Contact Number: _____

- ☐ I have enclosed \$20.00 associated with participating in this event

Payment method used:

☐ Payment enclosed \$.....

☐ Online payment made:

Receipt No: or receipt attached

Parent Name (please print): _____

Parent Signature: _____

Date: _____