Dear Parents,

We are offering some cross country training sessions in preparation for time trials. These sessions will be before school on the Clarke St site. A number of teachers will be at the sessions to assist with the training. Your child must have his/her name marked off the attendance roll upon arrival at school in the gym where a staff member will be in attendance at 8.15 a.m. Below are the dates and times of training sessions.

<table>
<thead>
<tr>
<th>Week</th>
<th>Year level</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Grade 5/6</td>
<td>Monday</td>
<td>27th April</td>
<td>8:15 a.m.</td>
<td>School (meet in the gym)</td>
</tr>
<tr>
<td>2</td>
<td>Grade 3/4</td>
<td>Wednesday</td>
<td>29th April</td>
<td>8:15 a.m.</td>
<td>School (meet in the gym)</td>
</tr>
<tr>
<td>3</td>
<td>Grade 3/4</td>
<td>Monday</td>
<td>4th May</td>
<td>8:15 a.m.</td>
<td>School (meet in the gym)</td>
</tr>
<tr>
<td>3</td>
<td>Grade 5/6</td>
<td>Wednesday</td>
<td>6th May</td>
<td>8:15 a.m.</td>
<td>School (meet in the gym)</td>
</tr>
</tbody>
</table>

The training sessions are optional. If your child is unable to attend the training they will still be timed during their PE session in week 4. Listed below are the distances required to be completed for each age group.

- Boys 9/10 years and under- 2000m
- Boys 11 years - 3000m
- Boys 12/13 years - 3000m
- Girls 9/10 years and under - 2000m
- Girls 11 years - 3000m
- Girls 12/13 years - 3000m

A reminder that the Cross Country District event will take place on Tuesday 26th May (selected students only).

Rushe Lynch, Hannah Black & Aimee Murphy – PE
I give permission for my child .................................................. Grade ........................
to attend Cross Country Training between 8.15 a.m. and 8.45 a.m. at school (Clarke St site), on (please circle):

Monday 27/4 (Grade 5/6),

Wednesday 29/4 (Grade 3/4),

Monday 4/5 (Grade 3/4)

Wednesday 6/5 (Grade 5/6)

In case of accident or sudden illness during the excursion I authorise the teacher in charge to consent, where it is impracticable to communicate with me to the child receiving such medical or surgical treatment as may be deemed necessary.

Signature of Parent/Guardian ................................................................................ Date ...............................

Parent/Guardian contact phone number .................................................................