



11th May, 2016

DISTRICT CROSS COUNTRY – 2016

I am pleased to advise you that your child has been selected to participate in the District Cross-Country which is to be held at Oulton Reserve (cnr of Bell St & Albert St, Thornbury) on Wednesday 25th May, 2016.

The first event commences at 10.00 a.m. Marshalling from 9.45 a.m. All students will be travelling by bus which will depart school at 9.15 a.m. and return by 1.00 p.m. **The bus cost will be \$8.00 per child and should be brought to school with the permission form ASAP.**

As there will be a certain amount of waiting around, all students should bring warm clothes as well as their running outfit which should consist of:

- ◆ Westgarth T-shirt (borrowed if necessary)
- ◆ Black shorts
- ◆ Running shoes
- ◆ A weather/rain proof coat (even if the morning is clear)
- ◆ A towel
- ◆ A refillable water bottle
- ◆ A light snack e.g. fruit
- ◆ A tracksuit or similar to wear to and from the event.
- ◆ A spare pair of socks and shoes

Lunch will be eaten at school after the completion of the event.

Each school needs to volunteer some parents as ‘marshalls’ (standing on the course and guiding students to run around the cones). Please fill in the form below if you are able to volunteer – (Working with Children Card required).

The first 10 placegetters in each event will represent the District at the Northern Division Competition on Wednesday 8th of June at Bundoora Park.

Please return the permission form below along with the \$8.00 as soon as possible. Parents are welcome to attend the event. Please note that only the selected team of students from Westgarth are permitted to attend on the day.

Leading up to the event we will be holding some training sessions during lunch eating time on Tuesdays and Wednesdays.

Rushe Lynch - P.E. Teacher

DISTRICT CROSS COUNTRY

I give permission for my child Grade/Teacher
to travel by bus to and from the District Cross Country event at Oulton Reserve on Wednesday 25th May, 2016.

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

Phone Number.....

I am able to help with marshalling Yes..... No