

CROSS COUNTRY FUN RUN

Friday 11th May 2018

This year's 'Cross Country Fun Run' will be held at Stromlo Forest Park. Students will be transported to and from the venue on ACTION buses. The cost will be \$10 per student for the transport and venue hire. It will be an all day excursion. All money and permission notes must be returned to the front office as soon as possible.

This annual event is an important part of the school calendar. From this event Belconnen High School's team for the A.C.T Cross Country Championships is selected.

Students will have the option to either run or walk the course on the day. Runners will complete a **5km** course and walkers a **3.7km course**. Bikes, skateboards, scooters and roller blades may not be used. If these are brought along they will be confiscated and parents will be asked to come and collect them. Parents will be contacted if any students' behavior is deemed unacceptable and they will be asked to leave the carnival.

House points are awarded to all place getters and participants in the Cross Country Fun Run. At the completion of the run / walk all students will take part in structured House games for further house points.

Program for the Day

8.40-9.05	PCG – outstanding permission & medical notes as well as \$10 should be given to Pastoral Care teacher at his time.
9.05-9.30	Pastoral Care groups assemble in the quad in preparation for 9:30 departure.
9.50-10.30	Arrive, move to house areas and marshal runners in preparation for race start.
10.30-10.45	Move to start areas. Runners- start/finish line, walkers start/finish line of the cycle track.
10.45-12.00	Start running/walking. Once students have finished move back to house areas.
12.00-1.30	House activities and games start.
1.30-2.00	Activities and games finish, students move back to house areas. Pack up and clean area. PCG teachers mark roll.
2.00- 2.30	Depart Stromlo Forest Park, arrive back at school.
2.30-2.50	Arrive back to school, students required to stay in the quad until the bell.

World Challenge staff and students will be running the canteen at Stromlo Forest Park. A BBQ lunch will be provided at a cost of \$5 for a sausage sandwich and a can of drink. There will also be other food options available at the canteen. So please support World Challenge students and their fundraising efforts. Students should also remember to bring sunscreen and hat, warm clothing, their runners, water bottle and plenty of energy. Injured students will need to have a note to have permission not to either run/walk at the carnival.

In the case of poor weather please listen for notice of cancellation on Radio stations FM 104.7 and 106.3 from 7.30am. If this happens, bring your device and materials for a normal school day.

The A.C.T Cross Country Day is on the 13th June 2018. If your child runs well at the School Cross Country Day, or if they are interested in running at these Championships, they need to see Mr. Foxhill for further information.

Andrew Fillery
Executive teacher
Physical Education