

THOMAS MITCHELL PRIMARY SCHOOL

Thomas Mitchell Drive, Endeavour Hills, 3802. Ph: 9706 2254

Email: thomas.mitchell.ps@education.vic.gov.au

CROSS COUNTRY RUN 2022 - HOUSE COMPETITION

17th March 2022

Dear Parents,

On Monday 28th March the annual Thomas Mitchell PS Cross Country Run will be held on the Singleton Reserve Oval (behind Thomas Mitchell PS). All students are expected to compete as part of the physical education program. **Unfortunately spectators for either the Prep to Year 3 or the Year 4 to Year 6 event will not be permitted to attend, however if you are able to assist in the running of the Year 4 to Year 6 event please inform your child's teacher or Mr Tim Gouge no later than Friday 25th March. We are looking for parents to help as course officials and marshalls.**

The details are as follows:

Prep, Years 1, 2 and 3

The Prep, 1, 2 and 3 cross-country event will be held during session 3 and 4 (11:20 am – 12:50 pm) straight after recess. Students will run in their year groups divided into a girls and boys race.

Years 4, 5 and 6

The Years 4, 5 and 6 cross-country event will be held straight after lunch session 5 and 6 (2.00pm -3:20pm).

Students will run in **age groups according to their age as of 31st December 2022.**

- Running order will be 9/10 Girls, 9/10 Boys, 11 Girls, 11 Boys, 12/13 Girls and 12/13 Boys.
- All students are expected to participate and do their best.
- First 10 students receive a ribbon.
- The first 9 students from each age group will progress to the District Cross Country event, please remind students if they want to make the Cross Country team they have to be able to run the whole distance!

Students will need to wear appropriate footwear and will be allowed to dress in their house color (eg, colored t-shirt/shorts, ribbons in hair etc – see below). However we do not want parents to go overboard or spend lots of money, please re-use and recycle what you already have at home. We do encourage tracksuit pants and jumpers be worn to keep muscles warm while waiting to run.

You Can Wear:	You CAN'T Wear:
<ul style="list-style-type: none">• House coloured t-shirt, shorts, pants (If there is a small picture on your clothes, but is predominantly your house colour that is ok!!)	<ul style="list-style-type: none">• Jeans
<ul style="list-style-type: none">• Skins – under shorts	<ul style="list-style-type: none">• Coloured Hairspray• Coloured Zinc
<ul style="list-style-type: none">• School Uniform	<ul style="list-style-type: none">• Boots/football boots/slip on shoes• Necklaces
<ul style="list-style-type: none">• Bring a warm jacket (if weather is cold)	<ul style="list-style-type: none">• Dangly earrings
<ul style="list-style-type: none">• House coloured ribbons/scrunchie in your hair	<ul style="list-style-type: none">• Singlets
<ul style="list-style-type: none">• House coloured hat	<ul style="list-style-type: none">• Makeup/nail polish/tattoos
<ul style="list-style-type: none">• 1 wrist band in your house colour	<ul style="list-style-type: none">• Really small shorts
<ul style="list-style-type: none">• Runners (NOT SCHOOL SHOES)	<ul style="list-style-type: none">• No costumes

Distance to be covered in each event:

Prep	½ lap of oval	Age 9/10: large lap around surrounding area of the oval and lap of oval Age 11: lap of oval, large lap around surrounding area and lap of oval Age 12/13: lap of oval, large lap around surrounding area and lap of oval
Year 1	1 lap of oval	
Year 2	1 ½ laps of oval	
Year 3	2 laps of the oval	

I expect that all students are looking forward to a fun day by supporting their fellow students to earn house points. Good luck to everyone!

Tim Gouge,
Sports Coordinator

Mark Reid,
Acting Principal