Dear Parents/Guardians,

On **Tuesday 17th May, 2016** the District Cross Country Run is taking place at Lilydale Lake. Your child has been selected to participate in this event, which is an outstanding achievement. We are travelling by bus to the lake, leaving between 9.10am and 9:30am and returning at approximately 12.45pm. Please ensure that your child is at school by 8:45am to allow for adequate organisation time.

**Event Schedule & Distance**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00</td>
<td>8-9-10 year Boys</td>
<td>2000m</td>
</tr>
<tr>
<td>10:25</td>
<td>11 year Boys</td>
<td>3000m</td>
</tr>
<tr>
<td>10:50</td>
<td>12/13 year Boys</td>
<td>3000m</td>
</tr>
<tr>
<td></td>
<td>10:10</td>
<td>8-9-10 year Girls</td>
</tr>
<tr>
<td></td>
<td>10:35</td>
<td>11 year Girls</td>
</tr>
</tbody>
</table>

**Please note: these times are approximate.**

The cost for each child to cover the bus payment is **$5.00**.

* If your child has been selected as a ‘TRAINING SQUAD INVITE,’ (They will be told if this is the case) please return the permission form but don’t make the payment. The ‘Training Squad Invites’ will earn an opportunity to compete in the event if they demonstrate a high level of commitment and enthusiasm at the training sessions and/or if a student in the main squad is unable to compete. If the situation arises where a ‘Training Squad Invite’ gains the opportunity to participate, the $5 payment can then be made. In some circumstances they may not know until the last minute if they will be able to compete.

* PLEASE NOTE: If your child has turned 8 this year or is going to turn 8 this year, unfortunately if they qualify for the next level of competition, (Division Cross Country) they will not be able to participate. Competition beyond the District level is for 9, 10, 11 and 12 year olds only. (Age groups are determined by the age they have or are going to turn in the year of competition)

It is important that the children **wear appropriate clothing, including runners and sports shorts.** They will be provided with a Lilydale West sports shirt but must wear their school jacket over the top (to keep warm) prior to the event. **Children are to bring a snack and a drink bottle filled with water. It is essential that all asthmatics bring along a puffer.** Please note that professional First Aid Officers will be in attendance to provide assistance if required.

It would be great to have parents, grandparents, etc, attending the event to support the children. To ensure the safety of the students and the smooth running of the event we ask that ALL spectators remain clear of the marshalling area and finish line. Spectators are also not permitted to ‘move around the course,’ with a competing child.

Please return this notice and the payment by **Friday 6th May, 2016.**

Refer to the accompanying handout to find out about the Cross Country Training Program.

Mr Clarke
Physical Education Coordinator
DISTRICT CROSS COUNTRY – 2016

I give permission for my child __________________________ Grade_______, to participate in the District Cross Country on **Tuesday 17th May, 2016**, travelling by bus to Lilydale Lake. If required, I also give the same permission for Tuesday 31st May, 2016. (backup day)

I have included the payment of $5.00 with this form.

In the event of illness or accident, I authorise medical assistance as my child may require and accept payment of any expenses thus incurred.

**Name of Parent/Guardian __________________________**

**Signature of Parent/Guardian __________________________**

**Emergency Phone Number________________________**

**Date ________________**