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PRINCIPAL | Stuart Armistead M.Ed. (Educational Leadership), B.Ed., Dip.T.

Friday, 30th August,

South East Hamilton Primary Schools Interschool Cross Country

Congratulations, _____ has been chosen to represent Knighton Normal School at the South East Hamilton Primary Schools Interschool Cross Country. This event will be held at the Hamilton Gardens on **Friday, 6th September**. The postponement date is Friday, 13th September. Access will be from Gate 2 on Cobham Drive.

Parents are welcome and encouraged to come and support the runners. The team will be travelling by car. We are departing Knighton at 9.15 a.m. and returning by approximately 1.00 p.m.

We require transport for approximately 36 children and 2 parent helpers to assist with marshalling on the course (pointing kids in the right direction) and acting as a "Base Camp" supervisor.

Programme

Course Viewing	10.00 - 10.25am
Welcome & Officials meeting	10:30am
First Event	10:45am
Presentations	12:00pm
Return to Knighton	12.30 approx.

Children need to take the following items:

Shoes to run in (compulsory)	Warm clothes for before and after their race	A raincoat just in case	A plastic bag for muddy shoes or clothes
Lunch for after their race	A drink	Medication, inhalers etc if necessary	

Please complete the permission slip below and return it to the Frog Box at the Smiley Face window by **Tuesday, 3rd September**.

Kind Regards

David Hannah
Sports Co-Ordinator

Inter-School Cross Country Permission Slip

I give _____ of Room ____ permission to attend the Interschool Cross Country on **Friday 6th September** or 13th September if the event is postponed.

Please the appropriate boxes.

- I can provide transport for _____ children in full diagonal sea belts and I have a full drivers licence.
- My car has a current Warrant of Fitness and registration
- I have completed a Knighton Volunteer Disclosure form this year
- I am happy to be an adult helper _____ (please print name)

Signed: _____ (Parent/Caregiver) Contact phone number: _____.

Extra Information

Event Timetable			
Year 4 Girls	10.45	Year 4 Boys	11.00
Year 5 Girls	11.15	Year 5 Boys	11.30
Year 6 Girls	12.45	Year 6 Boys	12.00

The welcome presentation will take place at the Hamilton East Gazebo close to the start / finish area. Schools will assemble and set up their gear in the area shown on the map that runs alongside the course. They are to be on the inside of the public walkway/cycleway. Children will be marshalled into a designated area and wait for the start of their event. Children must stay with their school group. The finish line and recording areas are out of bounds.

Distances

The same course will be used for each event. The distance being approximately 2000m. The course will be flat sections combined with rolling hills. **Please note:** No adults / Siblings are allowed to run alongside children while they run.

Results

As each child crosses the finish line they are to collect a place card before lining up in order to have their name recorded. The first 10 place getters receive a certificate recognising their achievement.. The first place getter in each category will receive a trophy.

Marshalls

Each school is to ensure that they have adult help available for different tasks. Knighton has been allocated the role of course marshall at point 8 of the course. Please see me at the event if you are able to help.

