



SMITH'S HILL HIGH SCHOOL

PROMOTING EXCELLENCE IN A SPIRIT OF TRUST AND COOPERATION

Parent and Student Cross Country Information Sheet

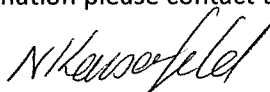
Dear parent or caregiver,

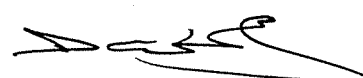
Your child will be attending the annual school Cross Country at Stuart Park and surrounding areas.

Venue / Location	Stuart Park for the 3km and 4km and Stuart Park and Squires Way for the 6km race.											
Date/s of activity	Friday 29 th March, 2019											
Cost	Carnival levy – payment as per invoice.											
Event Times	<table><tr><td>10.30am 17+/16 Boys 6km</td><td>11.50am 14 Boys 4km</td></tr><tr><td>10:50am 17+/16 Girls 4km</td><td>12.10pm 14 Girls 4km</td></tr><tr><td>11.10am 15 Boys 4km</td><td>12.30am 12/13 Boys 3km</td></tr><tr><td>11.30am 15 Girl 4km</td><td>12.50am 12/13 Girls 3km</td></tr></table> <ul style="list-style-type: none">Note that the combined age groups e.g. 12/13 will run together, but are recorded as separate age groups. This means that the top 10 competitors from the 12 Years and the top 10 competitors from the 13 Years will qualify to represent Smith’s Hill at the Zone Carnival.				10.30am 17+/16 Boys 6km	11.50am 14 Boys 4km	10:50am 17+/16 Girls 4km	12.10pm 14 Girls 4km	11.10am 15 Boys 4km	12.30am 12/13 Boys 3km	11.30am 15 Girl 4km	12.50am 12/13 Girls 3km
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Departure and Return	Period 1 classes as per timetable. Students will depart school at 9.45am and return to school by 2.30pm.											
Travel arrangements	Supervised walking in year groups.											
Staff with CPR Training	All teaching staff.											
Accompanying Staff	All teaching staff.											
Teacher in Charge	Mrs Natalie Tweddle (Sports Organiser).											
Carnival Information	<ul style="list-style-type: none">All students wear sports uniform to and from the venue. Students may wear running attire during their race, however, students must change back into their sports uniform. (no crop tops to be worn)Year 12 BBQ and snacks will be on sale to purchase at the venue.No student will be allowed to leave the park to purchase food, etc.The school will be sitting on the North side hill of North Wollongong surf club.Spectators are welcome and may situate themselves around the course.The top 10 finishers in each age/gender group will qualify to represent Smith’s Hill at the Zone Cross Country on Friday 10th May, 2019. <p>Please wear and bring;</p> <table><tr><td>Sports uniform</td><td>Correct footwear</td></tr><tr><td>Water</td><td>Sunscreen</td></tr><tr><td>Food</td><td>A towel or mat to sit on</td></tr><tr><td>Hat</td><td>House colours and spirit</td></tr></table>				Sports uniform	Correct footwear	Water	Sunscreen	Food	A towel or mat to sit on	Hat	House colours and spirit
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- If you would like any additional information please contact the teacher in charge on 42 29 4266.


Natalie Tweddle
Sports Coordinator


Nicole Kaiserfeld
Deputy Principal


David Deitz
Principal