

22 March 2019

Dear Parents

Year 3-12 Cross Country 2019

This year, the Covenant Cross Country will be held at school on **Thursday 9 May**. Primary and Secondary Schools will compete on the same day. As per usual, the course will take place in and around the school. This event requires a high intensity of supervision and we would appreciate parent volunteers to assist on the day. If you can help, please complete the slip provided on the next page and return it to Mrs Purcell or Miss Hammond, or email Mrs Purcell with the appropriate details, as soon as possible. All parent helpers require a current Working With Children Check and need to return a completed Volunteer's Code of Conduct form to the School Office. The link to the form can be found here: [Volunteer's Code of Conduct Form](#)

Date: Thursday 9 May 2019

Time: Secondary Races - 9.20am to 10.50am

Primary Races - 11.00am to 12.30pm

Please see the schedule on Page 3 for approximate start times for the different age groups.

Distances:	Age	Distance	Age	Distance
	17+yrs boys	4km	12yrs boys	3km
	17+yrs girls	3km	12yrs girls	3km
	16yrs boys	4km	11yrs boys	3km
	16yrs girls	3km	11yrs girls	3km
	15yrs boys	4km	10yrs boys	2km
	15yrs girls	3km	10yrs girls	2km
	14yrs boys	4km	8/9yrs boys	2km
	14yrs girls	3km	8/9yrs girls	2km
	13yrs boys	3km		
	13yrs girls	3km		

Please note: The 12yrs age groups will have separate races for Secondary and Primary students (i.e. they will not race together).

Dress: Secondary students are to come to school in their sports uniform, changing into school uniform after their respective races. Year 7 and 8 are to remain in their sports uniform for Thursday Sport.

Primary students should come to school in their sports uniform for the day.

Yours in the service of Christian education



Mrs R Purcell
Cross Country Organiser



Mr T Smithies
Director of School Administration



Mr W Morton
Deputy Principal, Junior School

Please complete and return to the School Office, the Junior School Sport Note box or email Mrs Purcell, rpurcell@covenant.nsw.edu.au, with the relevant information by 30 April 2019

Parent Volunteers:

- I can assist at the Year 3-12 Cross Country Carnival on Thursday 9 May (8.45am to 12.30pm)
- I have completed my Working With Children Check online and given my details to the School Office.
- I have completed the Volunteers Code of Conduct form and returned it to the School Office.

Choice of beverage (hot or cold): _____

Parent's name: _____ Phone: _____

Email address: _____

Cross Country Schedule

SECONDARY		
AGE	DISTANCE	TIME
17+ Girls	3km	9.20am
17+ Boys	4km	9.30am
16 Girls	3km	9.40am
16 Boys	4km	9.50am
15 Girls	3km	10.00am
15 Boys	4km	10.10am
14 Girls	3km	10.20am
14 Boys	4km	10.30am
12/13 Girls	3km	10.40am
12/13 Boys	3km	10.50am

PRIMARY		
AGE	DISTANCE	TIME
12 Girls	3km	11.00am
12 Boys	3km	11.10am
11 Girls	3km	11.20am
11 Boys	3km	11.30am
10 Girls	2km	11.40am
10 Boys	2km	11.50am
8/9 Girls	2km	12.00pm
8/9 Boys	2km	12.10pm