



Excursion:

District Cross Country @ Lillydale Lake – Thursday 30th of May, 2019

Educational purpose:

To test their fitness levels against students from the other schools in our district.

Supervising staff:

Stuart Jones + 3 classroom teachers (TBC)

Cost: \$10

Name of contact details of 24 hour school emergency contact:

Contact the school on 9726 9422

Departure details: *Bus will depart from school at 11.45am*

Return details: *Students will return to school at approximately 3.00pm*

Accommodation arrangements: *N/A*

Travel Arrangements: *Students will travel with 'Crown Coaches'.*

Activity list:

- *10 and under students will run a 2.5km course around Lillydale Lake while 11 and under & 12 and under students will run a 3km course.*

Student accident insurance:

A number of activities may have an increased chance of risk. The Department of Education does not provide student accident cover. Parents may wish to obtain student accident insurance cover from a commercial insurer, depending on their health insurance arrangements and any other personal considerations.

Activities within this program present the potential for students to sustain physical injury. The following procedures will be implemented – along with other strategies -

To manage the potential risks of the program.

- Staff ratio is adequate
- Weather is taken into consideration
- Students health is considered
- First aid is available

Please return the attached form with payment to your class teacher before:

Monday the 27th of May, 2019

*Leigh Dunn
PE Teacher*

*Matt Mulcahy
Principal*

District Cross-Country Information:

Cross-Country Program

12.30pm Boys 10 years and under

12.45pm Girls 10 years and under

1.00pm Boys 11 years

1.15pm Girls 11 years

1.30pm Boys 12/13 years

1.50pm Girls 12/13 years

2.30pm Medal Presentations

**Age of competitors is calculated as of 31st December, 2019.*



Race Distances

Boys and Girls 10 years – approximately 2.5km's (around the main Lillydale Lake track).

Boys and Girls 11 & 12/13 years – approximately 3km's (around the main track + extra 'dog leg' – turning right before crossing the bridge when heading back towards the main car park – near finish line).

Asthmatics

Please make sure that you have your medication with you at all times and use as necessary.

Clothing

Please wear appropriate running footwear. All student competitors should wear a school shirt (preferably sports top) and black shorts. It is also advisable to bring warm clothing, as you may need it after your run. You may also want to bring along a spare pair of socks and shoes in case the course is wet – wearing wet socks and shoes for hours is not a pleasant experience!

Drink Bottles / Food

Remember your drink bottles and plenty of light food to stop you going hungry and to help replenish your energy levels after your run. Depending on the time of your race, it may be a good idea to eat your lunch (eg – a sandwich) at recess time. Eating a meal like this two hours before your race is ideal. Then only light snacks closer to your race.

Important Reminder

It is important for you to remember to pace yourself during the cross-country run. This means not to start the race running 'flat out' as you may tire easily and it will be a long way to the finish if you have no energy left. It would also be extremely beneficial to do some training between now and the event. Running the distance a few times would be fantastic! Running around Lillydale Lake is also a great idea – so that you are familiar with the course.