

FACTION CROSS COUNTRY 2018

WEDNESDAY 25 JULY



This year's Faction Cross Country will be held at MacDonald Reserve. It will commence at 9.30am. The events will take place in the following order:

1. Girls Year 1 – 600m
2. Boys Year 1 – 600m
3. Girls Year 2 – 600m
4. Boys Year 2 – 600m
5. Girls Year 3 – 1000m
6. Boys Year 3 – 1000m
7. Girls Year 4 – 1000m
8. Boys Year 4 – 1000m
9. Girls Year 5 – 1250m
10. Boys Year 5 – 1250m
11. Girls Year 6 – 1500m
12. Boys Year 6 – 1500m

Parents and students are reminded of the following important points:

1. All competitors must run in sports shoes or joggers.
2. Students who have asthma puffers must have them clearly labeled and should be used as appropriate. Please remember to take them to the Reserve on the day.
3. All students must remember to take a labeled water bottle.
4. Students must wear their hats to the Reserve but may remove it for their race only. Students therefore must apply sunblock prior to their race.
5. Students are reminded to stretch and warm up before their event. Jumpers should be removed before the race.

We encourage parents to attend and cheer on their children. We look forward to an enjoyable morning of competition.

If you have any queries please feel free to contact me on 9401 1255. I look forward to seeing you on the day.

Karen Holmes

18th July 2018