



✈ Online Form - Cross Country & Sports Heroes Day

Activity Name:	Cross Country & Sports Heroes Day
Date/Time:	<ul style="list-style-type: none"> Friday 22 March 2024 9:40am - 11:20am (3-6 Cross Country) Friday 22 March 2024 11:50am - 1:05pm (K-2 Fun Run)
Description:	<p>On Friday, 22nd March 2024, Grays Point PS will hold its annual Cross Country and Sports Heroes Day event. Students can come to school dressed as their favourite sports hero. Students in 3-6 will compete in a Cross Country race. Students in K-2 will have the opportunity to compete in a Fun Run. If a child is in Year 2 and turning 8 this year, they may choose to run either the Fun Run or the Cross Country event.</p> <p>The 3-6 Cross Country event will take place in the morning session. Students turning 8 years, 9 years and 10 years will run a cross country course of 2000 metres. Students turning 11 years and 12/13 years run 3000 metres. The cross country events will commence at around 9.40am. The course is set up around the circumference of the school and ovals (see attached map). All students who compete will receive an ice block for their efforts. The fastest 6 students in each age category of the Cross Country will compete at the Zone Carnival on Monday, 13th May 2024.</p> <p>The K-2 Fun Run will take place in the middle session. Students in K-2 will take part in a Fun Run, around the edge of the bottom soccer oval. The Fun Run will commence at approximate 11.50am.</p> <p>In the leadup to the event, we will be fundraising to help raise money to go towards sports awards, ribbons, swimming caps and sports equipment for the school.</p> <p>To assist with the fundraising we will be:</p> <ul style="list-style-type: none"> * Selling lucky tickets at \$1 each or 3 for \$2. There will be a variety of fun sports gear as prizes. A note will go home with your child with the ticket stubs attached. We ask that ticket stubs and money be returned to either your class teacher or the office by Thursday, 21st March 2024. Remember to add your name to the returned stubs. * Asking for a gold coin donation for coming dressed as your favourite sports hero. All students MUST have suitable attire and footwear for running in their

	<p>event.</p> <p>Spectators are welcome to watch races from designated viewing areas. A map showing these areas is attached to this note. Students must remain under teacher supervision throughout the morning. We appreciate your understanding and support.</p> <p>Please note that vehicles cannot be parked in the carpark between the school and the oval, as it is the finishing line for the primary events. After drop off, please remove all cars by 9.15am, as the carpark entrance will be blocked off.</p> <p>NB: All fundraising events are optional activities.</p>
Venue:	Grays Point Public School (109 Angle Road, Grays Point NSW 2232)
Dress Code:	Students can come to school dressed as their favourite sports hero. Alternatively, they can wear their sports uniform.
Please Bring:	Water bottle and hat
Due Date:	Thursday 21 March 2024

* indicates a required field

I have read the above details and give consent for my child, to attend the Cross Country & Sports Heroes Day *

☐ Yes ☐ No

Student Name:

Parent/Carer Name: *

Parent/Carer Phone Number: *

My child suffers from asthma: *

- ☐ Yes
- ☐ No

If answered yes to asthma please indicate below if your child will need ventolin prior to running and dosage of puffs (first aid bags with ventolin will also be at designated spots throughout the course and all staff are aware of asthma students):

Parent/Carer Signature: *

