ELIZABETH MACARTHUR HIGH CROSS COUNTRY CARNIVAL 2014

The school will be running its annual Cross Country Carnival on Thursday, 10th April, 2014. The carnival will be run using our school, the local community and Liquidamber Reserve, Narellan Vale.

It is a whole school event and all students are expected to attend. The organisation for the day will differ from the normal routine. Students will attend roll call and then attend Period 1 and Period 2 classes. Students will therefore require books and equipment for these periods only on the day. A 30 minute lunch break will then commence with the carnival starting at 11:40am.

The school canteen will be running at the Lunch 1 break (11:10am to 11:40am) only. During the rest of the day, a BBQ will be running with drinks also for sale. It is advised that students bring a water bottle to keep them hydrated; a cap/hat, and sunblock cream to prevent sunburn. The PD/H/PE staff will also provide sunblock cream. Correct school sports uniform is to be worn coming to school and throughout the day. Track suit pants and a school jacket/top may be necessary if the weather is cold.

All students will be expected to run or at least walk the course unless a Doctor’s Certificate can be provided. The carnival is a very social and positive event and all students enjoy themselves. Students who do not attend on the day will require a written note of explanation from a parent/guardian to explain their absence.

All students from Years 7-10 are reminded that participating in the Cross Country carnival is an assessment component of their PD/H/PE course. The program of events with approximate times is as follows:

12:00 (midday) – Girls and Boys 17/18 Years
12:25 am – Girls and Boys 14 Years
12:50 pm – Girls and Boys 16 Years
1:15 pm – Girls and Boys 13 Years
1:40 pm – Girls and Boys 15 Years
2:05 pm – Girls and Boys 12 Years

PD/H/PE Department