

**Rous Public School**

My works will survive me

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**Tregeagle District Cross Country**

Where: Wyrallah Public School

On: Friday, 28 April

Time: 10am - 2pm

For: Students turning 8 this year and older

Dress: School uniform and joggers (no spikes) must be worn

Cost: $7.50 for bus travel

A canteen will operate on the day.

**LUNCH MUST BE PRE-ORDERED** by Wednesday**, 5 April. (Order form attached)**

**Scheduled Events**:

10 am: Everyone arrives 10:15am: Walk the course

Infants students from Wyrallah will be running their races before the following events

1. 8/9 years boys (2km) 2. 8/9 years girls (2km)

3 10 years boys (2km) 4. 10 years girls (2km)

5. 11 years boys (3km) 6. 11 years girls (3km)

7. 12/13 years boys (3km) 8. 12/13 years girls (3km)

¨ This is a true cross country course with divots and holes. Pre-strapping if necessary, should be completed by parents before their child competes

¨ Each student must walk the course as part of the preparation before the race

¨ Parents attending must sign in with the Service NSW COVID app

¨ No pushing, tripping or interference with other competitors is allowed

¨ No competitor is to receive assistance or refreshments during the race. A competitor may carry his/her own drink and/or asthma puffer

¨ Competitors must run around the outside of any markers

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**Tregeagle District Cross Country Permission Note**

I give permission for my child/ren ……………………………………………………………………

to attend the Cross Country Carnival at Wyrallah Public School on Friday, 28 April.

I understand transport will be by bus at a cost of $7.50 per student.

¨ I have included $7.50 as payment for bus travel.

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Parent/Caregiver Date