Kempsey High School Cross Country Fun Run

Date: Thursday 4th April 2013  
Venue: Hat Head

Cost: $3.00 (includes bus fare and activities)

Organisation:
9:00 Assembly RAK in hall.
9:20 Board buses at front of school
10:15 Arrival
10:45 Cross country events
12:00 Lunch (Year 12 BBQ or packed lunch)
1:00 Activities
2:15 Announcement of Age Champions and Champion House
2:30 Roll marking and board buses to return to school

Clothing: Students to wear School Sports uniform or House colours.
A separate top may be used to run the event in. Running shoes must be worn.

Important Information:
# Take adequate protection from weather (sunscreen, hats, wet weather gear)
# Asthmatics are to carry your own medication.
# Adequate fluids should be taken and will be provided before, during and after the run.
# Don’t take valuables.

First Aid: First-aid officials with medical kits will be on the course and at the finish.

Supervision: Staff will be located along the course to ensure total course supervision.

Race Program:
10:30 Senior girls and boys
10:35 16 yrs girls and boys
10:40 15 yrs girls and boys
10:45 14 yrs girls and boys
10:50 12/13 yrs girls and boys

Pointscore: 1 point for each student competing. The first 20 place getters in each age division earn points for their house (1st - 20, 2nd - 19, 3rd - 18, ....................20th - 1pt)

School Cross Country Team:
The first four runners in each age division will represent the school at the Zone Cross Country at KENDALL on 24th of May.
The fifth placed runner will be a reserve in case of injuries or withdrawals.
The North Coast Area Carnival is at LISMORE on Friday 7th June
ACTIVITIES:

An activity session will be conducted for ALL students commencing at 1pm and finishing at 2pm. These activities will be run at the various locations around Hat Head.

As students complete the cross country they will choose an activity from the list below. Numbers are limited in some activities and numbers are indicated in brackets where applicable.

1. Frisbee and vortex On beach.
2. Beach volleyball On beach.
4. Beach soccer On beach.
5. Beach cricket On beach.
7. Beach/headland walk Relaxing walk along beach.
8. Lawn Bowls (20) Hat Head Bowls Club. Cost is $1 for hire of bowls.
9. Surfing (30) Beach adjacent to camp grounds. Supervised by staff with surfing, CPR and First Aid qualifications. Students must be 15 yrs of age and have Surf Survival Certificate or a Surf Bronze.
10. Fishing (30) Creek or suitable location. Supervised by staff with fishing, CPR and First Aid Qualifications. There will be a few rods available to borrow, but to avoid disappointment students are advised to bring their own. Rods must be collapsible or small to fit on buses. Some bait will be supplied but it is encouraged to bring your own.

OTHER THINGS YOU NEED TO KNOW

1. This is a COMPULSORY school day. Students who are present at school MUST attend the carnival as there will be no supervision for non-participants. Students who are on a monitoring card will NOT be allowed to attend the carnival and will have modified lessons prepared at school with minimal staff.

2. Year 12 will be organising a BBQ to help raise money for the Year 12 Formal. They will be selling sausage sandwiches, cans of soft drink and bottles of water.

3. Students must follow the teachers instructions at all times. Failure to do so will result in the student being returned to school by a staff member and no longer being able to participate in school excursions.

4. If it is raining and the carnival is going to be cancelled please listen to the radio (105.1 STAR FM) between 6:30 and 7:30am. If the carnival is cancelled your child needs to come prepared for a normal school day.

If you have any other questions please don’t hesitate to contact the PE Department on 65626166.

Regards,

Mr. M Eller
Principal

Mr. J Peisley
Carnival Organiser