

5 April 2024

Dear Parent

K-12 Cross Country 2024

The school will be conducting the annual cross country championships on the Walcha Central School course on Wednesday 1 May 2024 for Years 7-12 and Thursday 2 May for Years K-6. *We will have presentations in the MPC at the completion of all events, approximately 2:40pm Thursday 2 May.*

Please check the school Facebook page for cancellation information, which will only occur in the event of extreme weather conditions.

Please note there is no set time for age races so please refer to the program listed below as a guide. PASS students will be assisting with the K-6 Cross Country on Thursday from 12:40pm.

WEDNESDAY 1 MAY 2024

1:50pm	7-12 PROGRAM	
	12 & 13 years boys and girls	3km
	14 years boys and girls	4km
	15 years boys and girls	4km
	16 years boys and girls	4km
	17 & 18+ years boys and girls	4km

**Remember 50+
sunscreen, a hat
& water bottle**

Please note:

The 18+yrs boys event will be 8000 metres at the State Championships even though it will be 6000m at the regional event. The 18+yrs girls will run 4,000m at region and 6000m at State. This allows for the running of the same course at school.

**Asthmatics are required to
bring their own puffer to
practices and on the day**

THURSDAY 2 MAY 2024

12:40pm	K-6 PROGRAM	
	5 & 6 years boys and girls	400m
	7 years boys and girls	800m
	8 & 9 years girls	2km
	8 & 9 years boys	2km
	10 years girls	2km
	10 years boys	2km
	11 years boys and girls	3km
	12 & 13 years boys and girls	3km

**WEAR
HOUSE
COLOURS**

Yours sincerely

Sonia Ussher
K-6 CO-ORDINATOR

Bonnie Brown
7-12 CO-ORDINATOR

Amanda Cooper
PRINCIPAL