



NCC JUNIOR CROSS COUNTRY CARNIVAL

13 March 2019

Dear Parents, caregivers and students,

On Friday 22 March, Nambour Christian College will hold its annual Cross Country Carnival. I encourage you to talk with your child about the day, the distance they will be expected to run and the values of being a good competitor. Please join us on the day and support your child in what is set to be a great day for our school community.

What Inter-House Cross Country Carnival

Who All Junior Students (Prep – Year 6)

When Friday 22 March 2019 (from 9:00am – see attached program for event times)

Where NCC Secondary School Oval (and surrounding school grounds)

Uniform House shirt, appropriate footwear, hat, water bottle and sunscreen

Events ***Lower Junior Students compete in Year Levels***

Students in Prep and Year 1 remain on the Oval and run approx. 500m.

Students in Year 2 and Year 3 (Born 2011) run 1km.

Upper Junior Students compete in Age Groups

Students born 2010 and 2009 run 2kms and may be considered for the District Carnival

Students born 2008, 2007 and 2006 run 3kms and may be considered for the District Carnival

Upper Junior Students who are unable or would not like to participate in the 2km or 3km event, can run the 1km Fun Run. If your child would like to participate in the fun run, you will need to fill out the below form and return it to Miss Perry by Wednesday 20 March.

Additional information will be placed on the NCC Parent Portal including a detailed map of the Cross Country course. The Junior Cross Country Carnival promises to be a great day filled with lots of fun, inspirational running and plenty of House spirit. I can't wait to see you there!

Yours in Sport

Miss Emily Perry

Junior Sports Coordinator

Nambour Christian College

E.perry@ncc.qld.edu.au

***PLEASE NOTE: THIS FUN RUN FORM IS TO ONLY BE COMPLETED BY STUDENTS BORN IN 2010 – 2006.**

Students Name: _____ Class: _____

House: _____ Yes, my child would like to do the fun run
(Tick this box if your child would like to participate in the fun run)

Parent Signature: _____

2019 NCC JUNIOR

CROSS COUNTRY PROGRAM

TIME	AGE GROUP	DISTANCE	INFORMATION
9:00am	Prep to Year 6		All year levels need to be down on the oval at this time.
9:10am	Prep	500m (Secondary Oval)	Boys will go first. Girls will go second.
9:15am	Year 1	500m (Secondary Oval)	Boys will go first. Girls will go second.
9:30am	Year 2	1km	Boys will go first. Girls will go second.
9:35am	Year 3 (Born 2011)	1km	Boys will go first. Girls will go second.
9:45am	Any students born in 2006, 2007, 2008, 2009, 2010 who are not running competitively	1km (Fun Run)	Boys will go first. Girls will go second.
10:15am	9 Years Old (Born 2010)	2km	Boys will go first. Girls will go second.
10:30am	10 Years Old (Born 2009)	2km	Boys will go first. Girls will go second.
10:40am	MORNING TEA (as normal)		
1:00pm	11 Years Old (Born 2008)	3km	Boys will go first. Girls will go second.
1:10pm	12 Years Old (Born 2007)	3km	Boys will go first. Girls will go second.
1:40pm	13 Years Old (Born 2006)	3km	Boys will go first. Girls will go second.
2:15pm	PRESENTATIONS (Secondary Students only)		

*Once Prep, Year 1 and Year 2 are finished with their races they will head back to their classrooms.

*All 2km and 3km events are District Cross Country qualifying events.