



23 May 2013

Dear Parent/s,

JUNIOR SCHOOL CROSS COUNTRY

Fahan School

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The Junior School Cross Country is to be held Wednesday, 29 May, on the Fahan Oval beginning at 11.15am. Students will have the two options in each age group. The distances will be as follows;

- | | |
|---------------|--|
| Grade 3 / 4 – | short course – 2 laps (approx. 730m)
long course – 5 laps (1825m) |
| Grade 5 – | short course – 4 laps (1460m)
long course – 6 laps (2190m) |
| Grade 6 – | short course – 4 laps (1460m)
long course – 8 laps (2920m) |

In order for a student to be selected for the Interschool Cross Country Team they will need to run the longer distance of the two options, i.e. In Grade 6 run 8 laps. This will ensure that the student has demonstrated that they can complete the required distance and won't be thrown in the 'deep end' on the day.

The Junior Interschool Cross Country will be held on Thursday, 20 June and distances for that event are as follows;

- | | |
|-------------|---------|
| Grade 3 / 4 | - 2km |
| Grade 5 | - 2.5km |
| Grade 6 | - 3km |

Yours sincerely,

Tim Dale
Junior Sport Coordinator