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Dear Parents and Caregivers,

We are thrilled to announce that our annual Cross Country event is just around the corner! This year's event will take place on Wednesday, 31st July. It promises to be a day filled with fun, fitness, and school spirit as students from all year levels participate in this exciting outdoor activity.

#### **Event Details:**

- Date: Wednesday, 31st July
- Time: 9:00 AM – 2:00 PM
- Location: School Grounds

#### **Race times**

<b>Start time</b>	<b>Year Group</b>
10:40 am	Year 7 / 8 Boys
10:45 am	Year 7 / 8 Girls
10:50 am	Year 5 Girls
10:55 am	Year 5 Boys * overlapping course
11:00 am	Year 6 Girls * overlapping course
11:05 am	Year 6 Boys * overlapping course
Clearing the majority of Year 7 / 8 before starting Year 3 /4-course	
11:15 am	*No races to start
11:20 am	Year 3 Boys
11:25 am	Year 3 Girls * overlapping course
11:30 am	Year 4 Boys * overlapping course
11:35 am	Year 4 Girls * overlapping course
11:40 am	Year 0 Girls
11:45 am	Year 0 Boys
11:50 am	Year 1 Girls
11:55 am	Year 1 Boys
12:00 pm	Year 2 Girls
12:05 pm	Year 2 Boys

**Important Information:**

- **Dress Code:** Students should wear their house colors to school. Please ensure they are dressed appropriately for running and the weather conditions.
- **Footwear:** Proper running shoes are essential for safety and performance.
- **Hydration:** Students need to stay hydrated. Please ensure your child brings a water bottle.
- **Snacks:** Healthy snacks are encouraged to keep energy levels up throughout the event.
- **Weather:** In the event of bad weather, we will inform you of any changes to the schedule via email and our school website.

**Parental Involvement:**

We welcome parents and caregivers to join us on the day to support and cheer on the students. Your presence and encouragement mean a lot to the children and contribute to the festive atmosphere of the event.

**Health and Safety:**

The safety and well-being of our students are our top priorities. Staff members will be positioned along the course to assist if needed. We also have a designated first aid station that will be manned throughout the event.

We are looking forward to a fantastic day of fun and fitness. Thank you for your continued support and enthusiasm. Let's make this year's Cross Country event the best one yet!

Warm regards,

Shaaman Singh  
Year 7-8 Team Leader & Sports Coordinator  
Conifer Grove School