



March 2017

## District Cross Country

Your child has been selected to represent Lake Heights Public School at the District Cross Country this year.

District cross country will be held at the Kembla Joggers Cross Country Running Park on Tuesday 2 May, 2017 (Term 2, Week 2). The events start at 10:25am, however, students need to arrive before 10am as they will have the opportunity to walk the course before the race.

Students will need to pay \$12 to cover the cost of the bus and entry fee.

Distances are 2km for 8 to 10 year olds and 3km for 11-13s. Please complete and return the permission note to class teachers by the end of term 1.

Students should wear their yellow school polo but may be able to run in a school singlet on the day. We have a limited number of singlets and availability will depend on demand.

*J. Upeski*  
Organiser

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### Lake Heights Public School

#### District Cross Country Permission Slip

I give permission for \_\_\_\_\_ of class \_\_\_\_\_ to participate in the District Cross Country at Kembla Joggers Cross Country Running Park on Tuesday 2 May, 2017.

Signed: \_\_\_\_\_ (Parent/Carer) Date: \_\_\_\_\_

Known allergies/Medical conditions: \_\_\_\_\_

Amount enclosed: \$ \_\_\_\_\_