



 Online Form - **MAHS Cross Country Carnival**

Activity Name:	MAHS Cross Country Carnival
Date/Time:	Wednesday 10 April 2024 12:30pm - 3:00pm
Description:	MAHS Cross Country Carnival
Venue:	Wandarrah Reserve, Birriwa Reserve (Fitzpatrick Rd, Mount Annan NSW 2567), Mount Annan High School (248 Welling Dr, Mount Annan NSW 2567)
Transport:	Students will remain onsite at Mount Annan High School and utilise our local area to access Wandarrah and Birriwa Reserves
Dress Code:	Full sport uniform.
Food:	Canteen at school will operate as normal
Please Bring:	Full sports uniform (with appropriate footwear) is to be worn to school. Students are also encouraged to bring sunscreen, hat, water and any medication required.
Additional Information:	Detailed program information can be viewed on the attached file. For further information on the carnival, please contact Mr. Garland. IMPORTANT INFORMATION FOR YEAR 12. Please note that this is a compulsory school event. All year 12 students are required to attend.

ALL STUDENTS ARE EXPECTED TO ATTEND THE CARNIVAL AND AS SUCH YOUR PERMISSION IS NOT BEING SOUGHT IN THIS INSTANCE AND YOU DO NOT NEED TO RESPOND TO THIS EMAIL. HOWEVER, IF YOU CHOOSE TO OPT-OUT, PLEASE INDICATE THIS BY SELECTING THE CHECK BOX AT THE BOTTOM OF THE FORM. IF YOU OPT-OUT, YOUR CHILD WILL REMAIN ON SCHOOL GROUNDS.

* indicates a required field

Student Name:

Parent/Carer Name: *

Parent/Carer Phone Number: *

Emergency Contact Name: *

Emergency Contact Phone Number: *

Medical conditions/information relevant to the activity (including any medication required):

OPT-OUT CONSENT:

I do not give consent for my child to participate in the Cross Country Carnival

Parent/Carer Signature: *



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SCHOOL CROSS COUNTRY CARNIVAL 2024

- Date:** Wednesday 10th April 2024 (*ALL students are expected to attend*)
- Venue:** Mount Annan HS, Wandarrah Reserve, Birriwa Reserve and the walking tracks in between
- Cost:** \$Nil
- Equipment:** Full sports uniform (with appropriate footwear) is to be worn to school. Students are also encouraged to bring sunscreen, hat, water and any medication required. The school canteen will be operating as normal.

Organisation of the School Day:

Time	Activity	General Information
8:50 – 9:00	Roll Call	As normal
9:00 – 9:50	Period 1	Shortened Lesson (50 minutes)
9:50 – 10:40	Period 2	Shortened Lesson (50 minutes)
10:40 – 11:10	Recess	Normal recess
11:10 – 12:00	Period 3	Shortened Lesson (50 minutes)
12:00 – 12:30	Lunch	Normal lunch
12:30 – 12:45	Age Group Assembly / rolls marked / bag storage	Under supervision of Year Advisors
12:45 – 1:10	Rotation 1	Cross Country Carnival & Novelties
1:10 – 1:35	Rotation 2	
1:35 – 2:00	Rotation 3	
2:00 – 2:25	Rotation 4	
2:25 – 2:50	Rotation 5	
2:50-3:00pm	Bag collection and dismissal	Under supervision of Year Advisors

At the end of lunch (12:30 to 12:40) students will meet in the following areas to have their names marked on the roll, have a quick meeting to explain the running of the carnival and store their bags:

Age Group	Meeting Area
12 & 13 Years	Bottom 'C' block
14 Years	Top C Block
15 Years	Top 'A' block
16 Years	Bottom A Block
17 & 18 Years	Movement Studio

HOUSE POINT COMPETITION

All students who participate on the day in the competitive cross country run and novelty events earn points for their house. The more you participate, the more points you earn. The winning house at the end of the carnival will be crowned the 2024 Cross Country House Champion and will receive the Cross Country House Shield at the end of year 'Excellence in Sport' night.

Along with earning points for your house, students who actively participate in the cross country run earn points towards the Age Champion tally. The male and female from each age group (12yrs – 18+yrs) who finishes first in their respective age groups will be crowned Age Champion and will receive Age Champion trophies at the end of year 'Excellence in Sport' night.

ZONE CROSS COUNTRY

Students who place 1st to 8th in the cross country run will be invited to represent Mount Annan High School at the Macarthur Zone Cross Country Championships. This carnival will be held on Wednesday 29th May at Kirkham Park, Elderslie.

Please be aware that all students who qualify to compete at the Macarthur Zone carnival will need to run the following distance at the Zone Championships:

GIRLS		BOYS	
Age	Distance	Age	Distance
12	3000m	12	3000m
13	3000m	13	3000m
14	4000m	14	4000m
15	4000m	15	4000m
16	4000m	16	6000m
17	4000m	17	6000m
18+	4000m	18+	6000m

Zone cross country details will be finalised and notes issued after our school carnival.

Mr M. Garland
Carnival Organiser

Mr K. Bates
Principal