



📌 Online Form - School Cross Country Carnival 2025

Activity Name:	School Cross Country Carnival 2025																		
Date/Time:	Wednesday 9 April 2025 12:45pm - 3:00pm																		
Description:	<p><u>SCHOOL CROSS COUNTRY CARNIVAL 2025</u></p> <p>All students are encouraged to participate in the upcoming Cross Country Carnival.</p> <p>Students can compete competitively or walk the track, and participate in the novelty events.</p> <p><u>Date:</u> Wednesday 9th April 2025 (<i>ALL students are expected to attend</i>)</p> <p><u>Venue:</u> Mount Annan HS, Wandarrah Reserve, Birriwa Reserve and the walking tracks in between.</p> <p><u>Cost:</u> \$Nil</p> <p><u>Equipment:</u> 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.</p> <p><u>Organisation of the School Day:</u></p> <table border="1"> <thead> <tr> <th>Time</th> <th>Activity</th> <th>General Information</th> </tr> </thead> <tbody> <tr> <td>8:50 – 9:00</td> <td>Roll Call</td> <td>As normal</td> </tr> <tr> <td>9:00 – 9:50</td> <td>Period 1</td> <td>50 minutes</td> </tr> <tr> <td>9:50 – 10:40</td> <td>Period 2</td> <td>50 minutes</td> </tr> <tr> <td>10:40 – 11:10</td> <td>Recess</td> <td>Normal recess</td> </tr> <tr> <td>11:10 – 12:00</td> <td>Period 3</td> <td>Shortened Lesson (50 minutes)</td> </tr> </tbody> </table>	Time	Activity	General Information	8:50 – 9:00	Roll Call	As normal	9:00 – 9:50	Period 1	50 minutes	9:50 – 10:40	Period 2	50 minutes	10:40 – 11:10	Recess	Normal recess	11:10 – 12:00	Period 3	Shortened Lesson (50 minutes)
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12:00 – 12:30	Lunch	Normal lunch
12:30 – 12:45	Age Group Assembly / rolls marked / bag storage	Supervised by 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	Supervised by 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 2025 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.

YEAR 11

As this is Year 11 study day, any Year 11 students who wish to participate competitively in the School Cross Country event are invited to arrive at school by 12:30pm and sign in at the front office. Students must be in sports uniform and be competing competitively in the event. Students will be dismissed at normal time, 3pm.

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 Thursday 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.

If you require further information or need to withdraw your child due to injury or illness, please call the school on 4648 0111.

Venue:

Mount Annan High School (248 Welling Dr, Mount Annan NSW 2567)

Online consent not required - information only note.

