



MONA VALE PUBLIC SCHOOL

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3-6 Cross Country Carnival 2024

Dear Parents,

The Mona Vale Public School 3-6 Cross Country will be run around Mona Vale School and the surrounding streets, early next term. We will be running the events across the morning session starting with the 8/9 age group. If a 2nd grade student is turning 8 this year and wishes to run with the 8/9 age group, they may do so. Please email the school if your Year 2 student wishes to participate in the 2km 8/9 Years race.

The carnival will begin at approximately 9.00am with all students walking the course with the teachers. Students should come to school at normal time, for the 8.45 bell, go to their classes for roll marking and messages before coming down to Waratah Oval with their teacher. Students will be seated at the lower end of the oval, under the trees and also on the tennis courts, so they might like to bring something to sit on, eg. a towel, small rug or plastic bag.

Students will then run the track in ages- 8/9 years, 10yrs, 11yrs, 12/13yrs (boys precede girls). We kindly ask that parents and spectators position themselves in areas that do not obstruct the course or compromise the safety of our students (see map attached). On the day, we will have signage within the school indicating appropriate vantage points. Alternatively, the footpath between the main school gate and the public bus shelter in Waratah St, or the south western side of Wangara St. opposite the SouthWest border of the school serve as excellent spectator spots.

Training in class sport time will continue until the carnival. Additionally, each 3-6 class will have the opportunity to walk the course in preparation. The course walk will take place in Week 11, Term 1, within their allocated PE lesson. Please refer to the map provided for course details.

VENUE: Mona Vale PS and surrounding streets

DATE: Thursday, 2nd May, 2024, approx. 9.00 start. (Walk the course)

UNIFORM: Sports uniform

NECESSITIES: Water, hat and sunscreen, something to sit on

PROGRAM: Order of events: (boys precede girls)
2km track (see map) 8/9 years (including any Yr 2 8 year olds), 10 years,
3km track (see map) 11 years, 12/13 years

MVPS Jnr Cross Country Map

Note
Jnr's = 1.3 laps (2km)
Snr = 2 laps Starting from the bottom of Waratah (3km)

Key
= Lap 1
= Lap 2
= Off-site

