

Excursion/Activity Information

Dear Parents/Carers

The information below is regarding an excursion/activity.

Name of Excursion/Activity	2023 Belconnen Regional Cross Country Carnival
Purpose	1km to 3km races for selected students in years 2 - 6
Classes/Year Groups Participating	Selected students from Years 2 - 6
Date	Thursday May 25, 2023
Location	Stromlo Forest Park (Dave McInnes Rd, Stromlo)
Time of first race	Course walk at 9:40am to 10:10am (1 st race at 10:30am)
Time of last race	Last race at 11:50am
Transport	Own transport to and from the venue
Financial Contribution	\$10.00
Due Date	Friday May 19 2023
Teacher in Charge	Dave McGibbon
Supervising staff	Dave McGibbon
Additional Information	What to bring: Lyneham Primary polo shirt, runner, hat, morning tea, sunscreen, drink bottle, warm top and long pants. Toilets are located at the venue.

The school has made every effort to keep cost for this excursion at a minimum level. If necessary, parents or students can confidentially discuss support to meet the cost of the excursion with the Principal. Please contact the front office if you would like to speak with the Principal.

Staff accompanying students on excursions will take all reasonable care while the students are in their charge to protect them from injury and to control and supervise their behaviour and activities.

Parents should be aware that staff members are not responsible for injuries or damage to property which may occur on an excursion where, in all circumstances, staff have not been negligent. Parents should warn children of the risk to themselves, to others and to property, of impulsive, wilful or disobedient behaviour.

Merryn O'Dea

Principal

Permission and Payment Note

Name of Excursion/Activity: 2023 Belconnen Regional Cross Country Carnival

Cost: \$10.00

I give permission for my child _____ in class _____ to attend the Lyneham Primary School excursion to Stromlo Forest Park (Dave McInnes Rd, Stromlo) on **Thursday May 25th 2023**, travelling by **own transport** and other details as outlined in the Excursion/Activity Information.

I agree to my child participating in the activities associated with this excursion mentioned previously. I have discussed with my child the need for expected behaviour on this excursion. I authorise the school to make arrangements for the welfare of my child (including medical or surgical treatment) in an emergency and I agree to meet the associated costs. I have provided to the school all medical information relevant to my child attending this excursion.

I agree that my child will be under the authority of the school for the duration of the excursion and that the school is authorised to return my child to school or home at my expense if the school considers that circumstances warrant such action. I give permission for my child to travel by private car, driven by a staff member or parent, in an emergency.

The Medical Information and consent form only needs to be completed once/year prior to the first excursion unless there are changes to the details on this form. Are there any changes to this form?

Yes ☐ No ☐ If yes, an updated Medical Information and Consent Form is required to be completed (available through the front office).

Will your child require medication to be administered during the excursion (e.g. allergy medication, pain relief)?

Yes ☐ No ☐ If yes, please complete a Medication Authorisation and Administration Record (available through the front office).

Is there any additional information you need to provide to support your child's participation in this excursion?

Yes ☐ No ☐ If yes, please provide these details _____

Name of Parent/Carer: _____

Signature of Parent/Carer: _____ **Date:** _____

Please tick payment method

☐ **Quickweb Payment** made on _____ (date) - This is a Westpac online payment option accessed through the school website that makes payment directly to the school bank account. Please use the name of excursion as your reference.

☐ **Cash**

☐ **Direct Deposit** made on _____ (date) to: Lyneham Primary School
BSB: 032 777 Account number: 001543
Please use the surname of your child as your reference.

☐ **Credit Card** – Payment can be made in person at the front office or complete the slip below

2023 Belconnen Regional Cross Country Carnival, Thursday May 25, 2023.

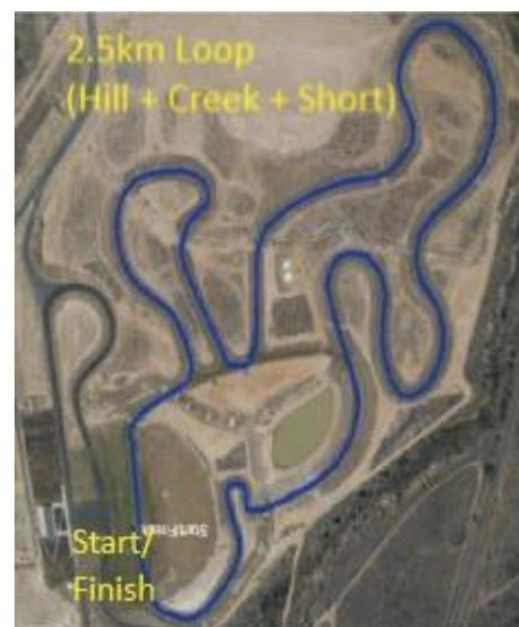
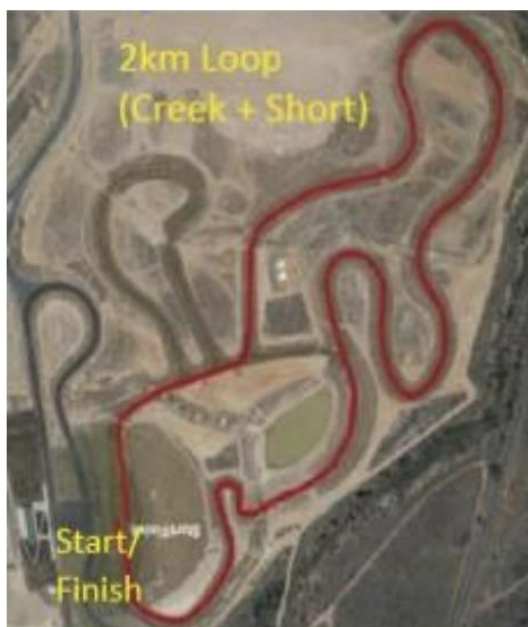
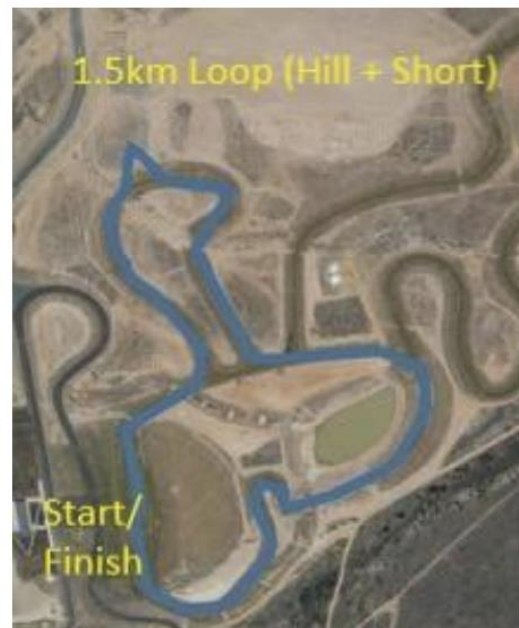
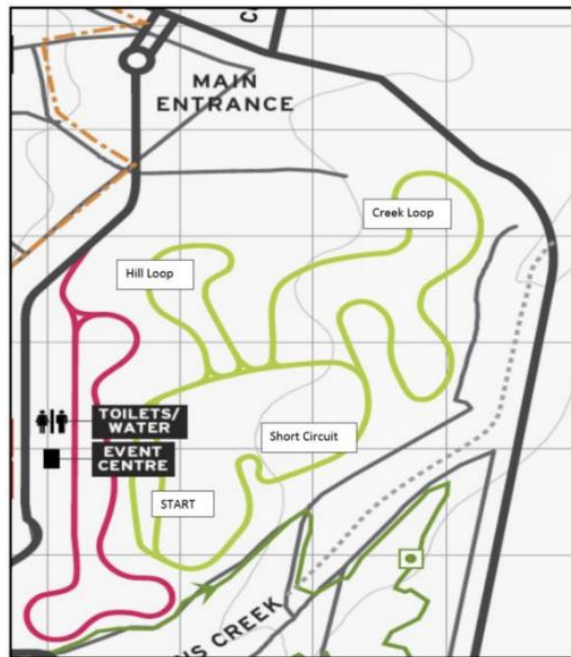
Student Name: _____ Class: _____

Name of Cardholder: _____ Card Type: ☐ Visa ☐ Mastercard

Card Number _____ Expiry: _____ Amount: \$ _____

Cardholder Signature: _____ Date: _____

Stromlo Forest Park Course Map and Distance Loops



SSACT Primary Region Cross Country Carnival Program

Age groups are based on the age students are turning in in this school year of competition.

All starting times are approximate, and students and Team Managers should listen to calls for each race.

Start times to be adjusted for when Carnival starts.

E.g. 1st race = 10:30am then 10th race starts at 11:50am

9.15am Volunteer Officials meet with Chief Marshal (AACT)						
9.30am Course set up finalised						
9.40am Course walk in age groups commence						
10.10am Course walks finish						
Race Number	Start time	Age Group	Gender	Distance	Laps Used	Estimated finish time for bulk of the field
1	10.30	10	Boys	2 km	1 x 2km	10:37-10:41
2	10:35	10	Girls	2 km	1 x 2km	10:42-10:46
3	10:50	8	Boys	1 km	1 x 1km	10:54-10:56
4	10:55	8	Girls	1 km	1 x 1km	10:59-11.01
5	11.05	12	Boys	3 km	2 x 1.5km	11.16-11.20
6	11.15	12	Girls	3 km	2 x 1.5km	11.21-11.30
7	11.30	9	Boys	1500m	1 x 1.5km	11.35-11.37
8	11.35	9	Girls	1500m	1 x 1.5km	11.40-11.42
9	11.45	11	Boys	3 km	2 x 1.5km	11.56-12.00
10	11.50	11	Girls	3 km	2 x 1.5km	12.01-12.05

Rules of Competition and the Venue

- For safety, students and spectators are to stay behind the fence line and other barriers. Students should remain in their designated school area when not running.
- No large ball games are permitted to be played on the paved concourse areas.
- Team Managers are responsible for the direct supervision of their students ensuring safe behaviour monitoring any medication requirements (e.g. Ventolin) All students with asthma are to carry their own puffers with them.
- Primary Competitors are not permitted to wear spiked shoes, Secondary Competitors are permitted to wear spiked shoes.
- Competitors will have a period of time, outlined in the Program, for course familiarisation at the start of the day before races commence.
- Competitors will be warmed up in a designated warm up/ marshall area, it is the responsibility of individual schools to cool down students after their races.
- The course for each race will be clearly marked and Course Marshalls placed in strategic points around the course. If a competitor is found to be cutting corners by a Course Marshall, they will be disqualified from the event.
- There is to be no coaching, or running alongside a competitor, out on the course.
- Multi Class Entry – only to the ACT Championship, not Regional. Form can be found in Resources section of the website and must be submitted via the school no later than 10 days prior to event.