



Evelyn  
Scott  
School

2 Bielski Street, Denman Prospect, ACT 2611

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Email: [evelynscottschool.information@ed.act.edu.au](mailto:evelynscottschool.information@ed.act.edu.au)

## SOUTH/WESTON REGIONAL CROSS COUNTRY CHAMPIONSHIPS

### DESCRIPTION:

After participating in the Evelyn Scott School Cross Country Carnival earlier this term, your child has qualified to represent Evelyn Scott School at the School Sport ACT Regional Cross Country Championships 2024. The Regional Championships take place at Stromlo Forest Park with the schedule of events running across the day. Parents and Carers are required to arrange transport to and from the event, however teacher supervision will be in place for the duration. Families are welcome and encouraged to stay and watch their children's race.

<b>DATE:</b>	<b>Tuesday 4 June 2024 (Term 2 Week 6)</b>
<b>VENUE:</b>	Stromlo Forest Park, Dave McInnes Rd, Stromlo ACT 2611
<b>TRAVEL ARRANGEMENTS:</b>	Parents/Carers are responsible for learner transport to and from the venue. Teacher supervision will be in place for the duration of the event.
<b>DEPARTURE &amp; RETURN TIMES:</b>	Please ensure learners arrive no later than 9:15am for a 9.40am course walk. The program of events will commence from 10:30am
<b>COST:</b>	Cost is \$10 per student
<b>Learners ATTENDING:</b>	Selected 8Yrs, 9Yrs, 10Yrs, 11Yrs, 12Yrs and 13Yrs learners
<b>STAFF ATTENDING:</b>	Dean Pilton
<b>WHAT TO BRING:</b>	Learners should bring: e.g. water bottle/lunch/hat School uniform and appropriate footwear. Spiked footwear <b>is not</b> permitted Please ensure learners have warm clothing for before and after races.
<b>NOTE &amp; PAYMENT DUE BY:</b>	<b>Please return notes and payment by 24 May 2024 (Term 2, Week 4)</b> <i>Please note, students will be unable to attend the excursion without signed parent/carer permission.</i>

### Code of Conduct and Parental Agreements:

*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. Unacceptable behaviour will be treated as it is normally treated at school, (reminders, time out in a designated spot, and exclusion from an activity) but with the additional factor that the student may be returned to school should the behaviour be extreme or overly persistent.*

*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.*

Kind regards,

Dean Pilton

[dean.pilton@ed.act.edu.au](mailto:dean.pilton@ed.act.edu.au)



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### South/Weston Regional Cross Country Championships

STUDENT NAME: \_\_\_\_\_ CLASS: \_\_\_\_\_

I hereby consent to my child attending the above Evelyn Scott School excursion.

Please check the appropriate boxes:

I have read and understand the attached information page for the event/excursion and I consent to the payment and travel arrangements.

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

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

\_\_\_\_\_  
PARENT NAME: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_ CONTACT PHONE NUMBER: \_\_\_\_\_

#### PAYMENT OPTIONS

AMOUNT: \$10

- Families are encouraged to pay via QuickWeb: <https://www.evelynscottschool.act.edu.au/Payment>

If paying via QuickWeb, please include the cost code: **JUNIOR REGIONAL X COUNTRY** as a reference

- Families can also pay in person at the school or over the phone by Credit Card/EFTPOS by calling the front office on 6142 3491

Office Staff to complete:

Received by: \_\_\_\_\_

Date: \_\_\_\_\_

Payment made via: \_\_\_\_\_ Entered on SAS:



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## Stromlo Forest Park Course Map and Distance Loops



**NOTE: 3KM COURSE = 1.5 X 2 LAPS**



### South/Weston Regional Cross Country Carnival Program 2024

- 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. 1<sup>st</sup> race = 10:30 am, then 10<sup>th</sup> 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 run	Estimated finish time for the bulk of the field
1	10.30	10 (Inc. 10, 11 and 12 <b>Competitive MC</b> Athletes)	Boys	2km	1 x 2km	10:37-10:41
2	10:35	10 (Inc. 10, 11 and 12 <b>Competitive MC</b> Athletes)	<b>Girls</b>	2km	1 x 2km	10:42-10:46
3	10:50	8	Boys	1km	1 x 1km	10:54-10:56
4	10:55	8	<b>Girls</b>	1km	1 x 1km	10:59-11.01
5	11.05	12	Boys	3km	2 x 1.5km	11.16-11.20
6	11.15	12	<b>Girls</b>	3km	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	<b>Girls</b>	1500m	1 x 1.5km	11.40-11.42
9	11.45	11	Boys	3km	2 x 1.5km	11.56-12.00
10	11.50	11	<b>Girls</b>	3km	2 x 1.5km	12.01-12.05