



EXCURSION INFORMATION

<p><u>Name of Excursion</u> ACT Cross Country Carnival</p>	<p><u>Date of Excursion:</u> 13/6/18</p>
<p><u>Venue:</u> Stromlo Forest Park</p>	<p><u>Times:</u> The first race will start at 11:20am. There will be no staff supervision before 10:30am and after 2:30pm Please ensure that you pick your child up by 2:30pm</p>
<p><u>Transport:</u> Parents will need to transport their child to the event and take them back. If this is not possible a note outlining an alternate arrangement will need to be supplied</p>	<p><u>Accompanying Staff:</u> Scott Dziubinski and Sarah Crittenden</p>
<p><u>Equipment Required:</u></p> <ul style="list-style-type: none"> • School SHAPE shirt • Hat • Drink bottle • food 	<p><u>Other information</u> The entry fee is \$8.00 to be paid at the front office Please look at the program to see when your child's race is on.</p>

The accompanying staff member/s 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 inform children of the risk to themselves, to others and property, of impulsive, wilful or disobedient behaviour. All students attending will be expected to give their full commitment to ensuring that the excursion is enjoyable, safe and successful for everyone concerned. We expect that the students behave responsibly at all times, and that ***any misconduct will be treated seriously and may require offending students to be sent home at the cost to the parents / guardians.***

Parents are more than welcome to attend sporting events as spectators, but may assist only when invited to by a school representative.

A Medical Information Form & Permission Note is enclosed. Please complete and return them to school as soon as possible.

The following are the recognised players' Code of Conduct that students should be aware of:

- Be a good sport.
- Play for enjoyment.
- Work hard for your team as well as yourself.
- Treat all teammates and opponents, as YOU would like to be treated.
- Play by the rules.
- Control your behaviour on and off the field.
- Learn to value honest effort, skilled performance and improvement.
- Cooperate with your coach, officials, teammates and opponents.
- Respect and abide by officials' decisions.

**Samara Chisholm
School Principal**

**Graeme Lambert
SHAPE Executive**

PERMISSION NOTE and MEDICAL INFORMATION

Please return this sheet, filled out front and back and with appropriate signatures as soon as possible

I give permission for my child / ward

To participate in the ACT Cross Country Carnival

On 13/6/18

I have read the attached information regarding this excursion and understand what it contains.

Full name of Parent/Guardian (please print)

Contact telephone Nos – Business hours: After hours Mobile:

Signature of Parent/Guardian **Date**

Medical concerns the teacher needs to be aware of for the day:

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If your child suffers any of the following an emergency treatment plan must be provided. Proforma plans are available from the school (NB. Without an emergency treatment plan the school can only provide first aid treatment:

- | | | | | |
|--------------------------------------|---|--|--|---|
| <input type="checkbox"/> allergies | <input type="checkbox"/> blood pressure | <input type="checkbox"/> epilepsy | <input type="checkbox"/> hay fever | <input type="checkbox"/> nose bleeds |
| <input type="checkbox"/> asthma | <input type="checkbox"/> diabetes | <input type="checkbox"/> fainting | <input type="checkbox"/> headaches | <input type="checkbox"/> reaction to drugs |
| <input type="checkbox"/> bed wetting | <input type="checkbox"/> eczema | <input type="checkbox"/> fits or blackouts | <input type="checkbox"/> heart condition | <input type="checkbox"/> sight/hearing problems |

Consent to medical attention. In the case of an emergency, I authorise the school, where it is impracticable to communicate with me, to arrange for the student to receive such medical or surgical treatment as may be deemed necessary. I also undertake to pay costs which may be incurred for medical attention, ambulance transport and drugs while the student is on the camp/excursion/outdoor adventure activity.

Signed:

Parent/Guardian..... Date:

I (Student) have read and understood the code of conduct and agree to represent the school, my peers and self in a respectful manner.

Excursion details	Period 1	Period 2	Period 3	Period 4	Period 5

Full name of student (please print).....

Signature of Student **Date**

FEE CODE: ACTXCOUNTRY

EXCURSION TITLE: "ACT X-Country"

PAYMENT OPTIONS

1. **Payment in person** at school Front Office-between 8:15am & 2:30pm Mon-Fri
EFTPOS facilities are available. Cheques made payable to Canberra High School
 2. **Direct Deposit:** Bank: Westpac
BSB: 032777 Acc. No. 001113
Acc. Name: Canberra High School
 3. **Canberra High School Website:** www.canberrahs.act.edu.au
(QUICKWEB)
 4. **Phone Payments – Credit cards** Phone: 61420800 or 61420807
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Please debit my Mastercard Visa CCV no

Card Number: ---

Card Expiry Date: _____ Name on card: _____

Parent/Carer: _____ Student Name: _____

Total Amount Paid: \$ _____

Cardholders Signature: _____

Contact Phone number of Cardholder: _____



**School Sport ACT Combined Cross Country Championship
Wednesday 13 June 2018 - Stromlo Forest Park**

All Starting times are approximate and athletes and Managers should listen to calls for each race.

Age groups are based on the age runners are turning in 2018.

Any AWD student older than 13 Years should also run in the 13 Years race.

Race Number	Time	Age	Gender	Distance	Course	Estimated Finishing time
9	11:20	12 Primary & Secondary (Including AWD)	Boys	3 km	2 x 1500m lap	11.31 – 11.35
10	11.35	12 Primary & Secondary (Including AWD)	Girls	3 km	2 x 1500m lap	11.46 – 11.50
12&U Event Presentations						
Ribbons for 1st, 2nd, 3rd place getters in each age group at completion of 12&U races						
11	12.00	13 Primary & Secondary (Including AWD)	Boys	3 km	2 x 1500m laps	12.10 – 12.14
12	12.15	13 Primary & Secondary (Including AWD)	Girls	3 km	2 x 1500m laps	12:26-12:30
13	12.30	14/15	Boys	4 km	1x1500m lap 1x 2500m lap	12.43-12.48
14	12.45	14/15	Girls	4 km	1x1500m lap 1x2500m lap	12:59-1:05
15	1:05	16/17 @ 18+	Boys	6 km	1x1k lap 2x2500m laps	1:25-1:32
16	1:30	16/17 @18+	Girls	4 km	1x1500m lap 1x2500m lap	1.44-1:49
13&O Event Presentations will take place after the completion of each race						
Ribbons for 1st, 2nd, 3rd place getters in each age group						



Deek's Track – 2.5km Loop Only



Deek's Track – 2km Loop Only



Deek's Track 1.5km Loop only



Deek's Track – 1km Loop Only