Dear Parent/s

Congratulations, your son / daughter / ward has been selected to represent at the Ballina District PSSA Cross Country Championships.

Date: Thursday 8th May 2014

Venue: Williams Reserve, Park Lane - Lennox Head. (at the rear of shopping centre & northern car park).

Time: 10:00 a.m. start – walk the course

Cost: $5.00 levy per student.

Parking is available next to Williams Reserve.

Children should bring a change of clothes in the event of rain.

The course is a 1 kilometre track that starts and finishes at Williams Reserve.

Entry / Conditions / Rules
1. A competitor’s age is the age he/she turns in 2014
2. Schools may enter up to 10 competitors in each race
3. Placegetters 1st - 4th will receive ribbons.
4. Students may carry water bottles/asthma puffer with them during their race.
5. No competitor may receive assistance during the race.
6. All competitors need covered shoes as per PSSA Booklet. -NO spikes are to be worn
7. Competitors should wear school uniform during the race – NO representative singlets to be worn.
8. Competitors must follow the course markers.
9. Competitors will be requires to collect a wrist band after each completed lap. These are to be returned at the completion of the race.
10. Each competitor will receive a ticket with his/her position marked on it.
11. Spectators are not permitted on the course.
12. The first 10 placegetters are eligible to represent Ballina District at the FNC Zone Cross Country.
13. It is suggested that students requiring asthma puffers should carry with them during their race if desired.

Program:

10:00  Walk course –
10:45  8/9yrs Boys  2000m  2 laps
       8/9yrs Girls 2000m  2 laps
       10yrs Boys  2000m  2 laps
       10yrs Girls 2000m  2 laps
       11yrs Boys  3000m  3 laps
       11yrs Girls 3000m  3 laps
       12/13 yrs Girls 3000m  3 laps
       12/13 yrs Boys 3000m  3 laps

Starting times for events will be dependent on the completion of the previous race.

Canteen facilities will be available. Orders are not required.

Parents and friends are most welcome to come along.
Looking forward to seeing you all and hoping the weather is favourable.

Bryan Lyndon (Convenor)
Lennox Head P.S.
Permission Note

I give permission for my son/daughter/ward ……………………………………………………

Class: ……… to represent …………………………… P.S. at the Ballina District PSSA

Cross Country Championships at Williams Reserve on Friday 8th May 2014.

Time: Students should arrive at Williams Reserve by 9.40am ready to walk the course at 10.00am.

Cost: $5.00 levy per student – paid at school.

Special needs of my child, which you should be aware (EG ALLERGIES, MEDICATION etc)

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To the best of my knowledge he/she has no medical condition, disability or injury, which puts him/her at risk of participating in the sport activity.
In the event of illness or injury, I authorise the seeking of medical assistance on my behalf that my child may require.

Signed ……………………………………………….. Date ……………………

Parent / Guardian

Medical/Permission Notes should be retained by the school

School Secretaries – Schools will be invoiced for the Levy.