18 April 2013

Dear Parents,

The MECS Primary School Tribal cross-country event will run Friday 3 May. All Primary students will be running in varying capacities and parents are most welcome to attend and watch their child run.

The event will be held at MECS this year on our fitness track around the perimeter of the school. We will begin our event at 9:15am with the Preps and finish with Senior Primary students at 10:30am.

All races will start and finish from the Primary oval. The length being run by students varies according to their year level so please note the following guidelines:

• The Preps will be running one lap of the Primary School playground track, approximately 280 metres.

• The 7 and 8 year old age groups will run two laps of the Primary School playground track, approximately 560 metres.

• The 9 and 10 year old age groups will run one lap of the extended track running around the bottom of the main oval to the gym, round the top part of the oval and back down to the Primary oval, approximately 700 metres.

• The 11, 12 and 13 year old age groups will do two laps of the full circuit, which also takes in part of the Senior School. Each lap of the course is 1km, totalling a 2km run for each student.

After each group has completed their run they will be given a drink and some fresh fruit. If you are available and willing to help in preparing this could you please let me know, my school number is 9738 6029.

Students will need to have a good breakfast and bring a drink bottle and snacks. They must wear a Tribal T-Shirt or coloured T-Shirt and proper running shoes. A long sleeved top can be worn underneath. Black shorts or tracksuit pants must be worn, remembering that NO JEANS may be worn. As it is proving to be a cold and wet season, we ask that students come prepared with a change of clothes, including waterproof warm jacket and hat. If the weather on this day proves to be problematic the event will be postponed.

Yours in Christ

Derek Warren
Primary Sport Coordinator