Dear Parents

Re: Year 7 – 12 Tribal Cross Country Run

Your child will be involved in our Tribal Cross Country run on Tuesday 30 April. The event will be run at the school this year on our fitness track.

The 13, 14 and 15 age groups will do two laps and the competitive (ie Running for a place) 16+ group will do 3 laps. One lap equals 1km.

Students will need to have a good breakfast, bring a drink bottle and snacks. Students of the Year 9 Service Elective unit will be running an optional BBQ lunch during the lunch break. Any profits made will be donated to Hope School in Uganda, (the school established by Ann and Ron Matheson). Orders for the BBQ will be taken in class during Monday and items on offer will include sausages ($2.00) and drinks ($1.50). Orders will need to be paid for on Tuesday.

Students must wear their Tribal T-Shirt and proper running shoes. A long sleeved top can be worn underneath. NO JEANS are to be worn. As it is proving to be a cold and wet season, we ask that students come prepared with a complete change of clothes, including waterproof warm jacket and hat.

Yours in Christ

Anne-Maree Forbes
Secondary Sport coordinator

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<th>Secondary Cross-Country Timetable</th>
<th>Tuesday 30 April 2013</th>
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**Middle School Students:**
- **11.30am** Age Group: 13 year olds
- **12.00 noon** Age Group: 14 year olds
- **12.30pm** Age Group: 15 year olds

**Senior School Students:**
- **2.10pm** Age Group: 16+ year olds – 3 laps for competitors only (walkers just do 1 lap)
- **3.10pm** Results announced