



LEURA PUBLIC SCHOOL
Cnr Mount Hay Rd and Willow Park Ave
Leura, 2780
ph : 4784 1251 fax : 4784 3156
email : leura-p.school@det.nsw.edu.au

respect

responsibility

resilience

Tuesday 14th May 2024

Upper Blue Mountains Zone Cross Country Carnival 2024

Event Date: Friday 24th May 2024

Payments can be made online, or by cash to LPS front office

For payments online enter **Payment Description: Zone Cross Country**

Payment Amount: \$7.50

Last date for permission note and payment: Wednesday 22nd May 2024

Please note late payments MAY NOT be accepted.

Dear Parents/Carers,

This note is to provide you with information regarding the **Upper Blue Mountains Zone Cross Country Carnival 2024** details of which are outlined below and on the following three pages. Please keep these pages as they contain important information.

| | |
|----------------------------------|---|
| Excursion date: | Friday 24 th May 2024 |
| Excursion to: | Katoomba Falls Reserve, Katoomba |
| Students attending: | Eligible students who qualified for Zone Cross Country 2024 |
| Organising teachers: | Mr Steve Atkinson |
| Staff in attendance: | Mr Patrick Angel |
| Transportation | Private transport. Parents and carers need to arrange to drop off and pick up of their child from this event. Parents/carers are welcome to stay and watch. Spectators are welcome but are advised not to bring any dogs to the event. |
| Start time: | Students must arrive 8:40am and should report to Mr Angel, team manager for the day, to have their name marked as present on the roll. |
| Cost per student: | \$7.50 |
| Dress | Students are required to wear running shoes, school sports shorts and a Leura Public School representative shirt. The school rep shirt may be signed out from LPS office on Wednesday 22 nd May. Rep shirts MUST be washed and returned to LPS office on Monday 27th May 2024. |
| Specific requirements: | Please ensure your child has a tarp or towel to sit on, recess, lunch and a bottle of water (no glass bottles), school hat, sunscreen, and rain jacket (pending weather). There will be a canteen operating on the day selling a variety of hot and cold food. |
| Other information: | Please advise school as soon as possible if your child is unable to participate in this event so a replacement runner can be organised. In case of bad weather a message will be posted on the Parent Portal and/or school Facebook page to confirm if the carnival is on. |
| Permission note due date: | Please ensure payment is made and return permission note to Leura Public School office by Wednesday 22nd May 2024. Please note late payments may not be accepted. |

Kind Regards,

Mr Steve Atkinson
Coordinator

Mrs May Ptolemy
Principal



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UPPER BLUE MOUNTAINS ZONE CROSS COUNTRY PROGRAM 2024

Please note this may be subject to change on the day so please arrive promptly at 8:40am.

N.B This year there will not be a 'mass' walk of the course before the races. Students are provided with a map and detailed directions. It is encouraged that competitors walk the course themselves from 9:00 am. Course marshalls will be available to assist with directions along with the course very clearly marked.

Order of Events:

- 9:00am – Walk the course – self-guided
- 9:45am – 8/9 years boys
- 10:05am – 8/9 years girls
- 10:25am – 10 years boys
- 10:45am – 10 years girls
- 11:05am – 11 years boys
- 11:35am – 11 years girls
- 12:05pm – 12 years boys
- 12:35pm – 12 years girls
- 1:15pm – Announcement of results & presentation



*Please be aware that these times are estimates only and the course could change if there are WHS risks on the day.

PSSA race rules:

1. Suitable footwear must be worn by all competitors.
2. No tripping, pushing or interference with other competitors is allowed.
3. No competitor is to receive assistance or refreshments during the race.
4. Breaching the above rules will result in disqualification.

Zone Cross Country Guidelines for students:

1. Stay within your school area unless competing or moving to the toilet/canteen.
2. Do not enter the track unless racing.
3. At the end of your race, line up in finishing order as directed by officials.
4. Remain in the finishing order until instructed to leave by officials.
5. Any protests must be made through the team manager.



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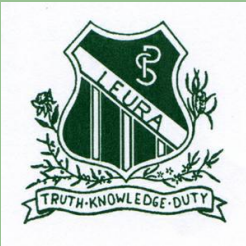
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**BLUE MOUNTAINS ZONE CROSS COUNTRY 2024 COURSE INFORMATION –
KATOOMBA FALLS RESERVE**

1. From the start, run around the top oval, then run out the gate near the toilet block.
2. Run down the grassy bank towards the bottom oval. **Do not go onto the bottom oval.** Follow the fence line around the outside of the bottom oval.
3. Enter the bottom oval through the gate at the far side, then run along the course on the oval, which follows the fence line (set out by markers).
4. Exit the bottom oval through the gate and run straight ahead through the grass area behind the car park behind the canteen.
5. Follow the grassy area as it goes along the creek bank. Do not cross the bridge over the creek here.
6. At the end of the grass area, turn right up towards the footpath near the green bin.
7. Turn left at the path and follow the footpath as it continues over a bridge (you will see a small waterfall).
8. Turn left at the picnic area and run past the shelter up the grass area. Run up the grass area until you reach a picnic table.
9. Run around the witches hat and back down through the picnic area.
10. Run back over the bridge and retrace your way along the grassy area.
11. Just before you reach the bottom oval, turn right and run back up the small hill to the oval.
(*Note extra for seniors -11, 12, 13yrs.)
12. Enter the top oval through the gate near the canteen.
13. Run straight across the top oval to the finish line.

***Seniors - 11, 12, 13 yrs. Before proceeding to the finish line, seniors complete an extra lap of the bottom oval section of the course.**

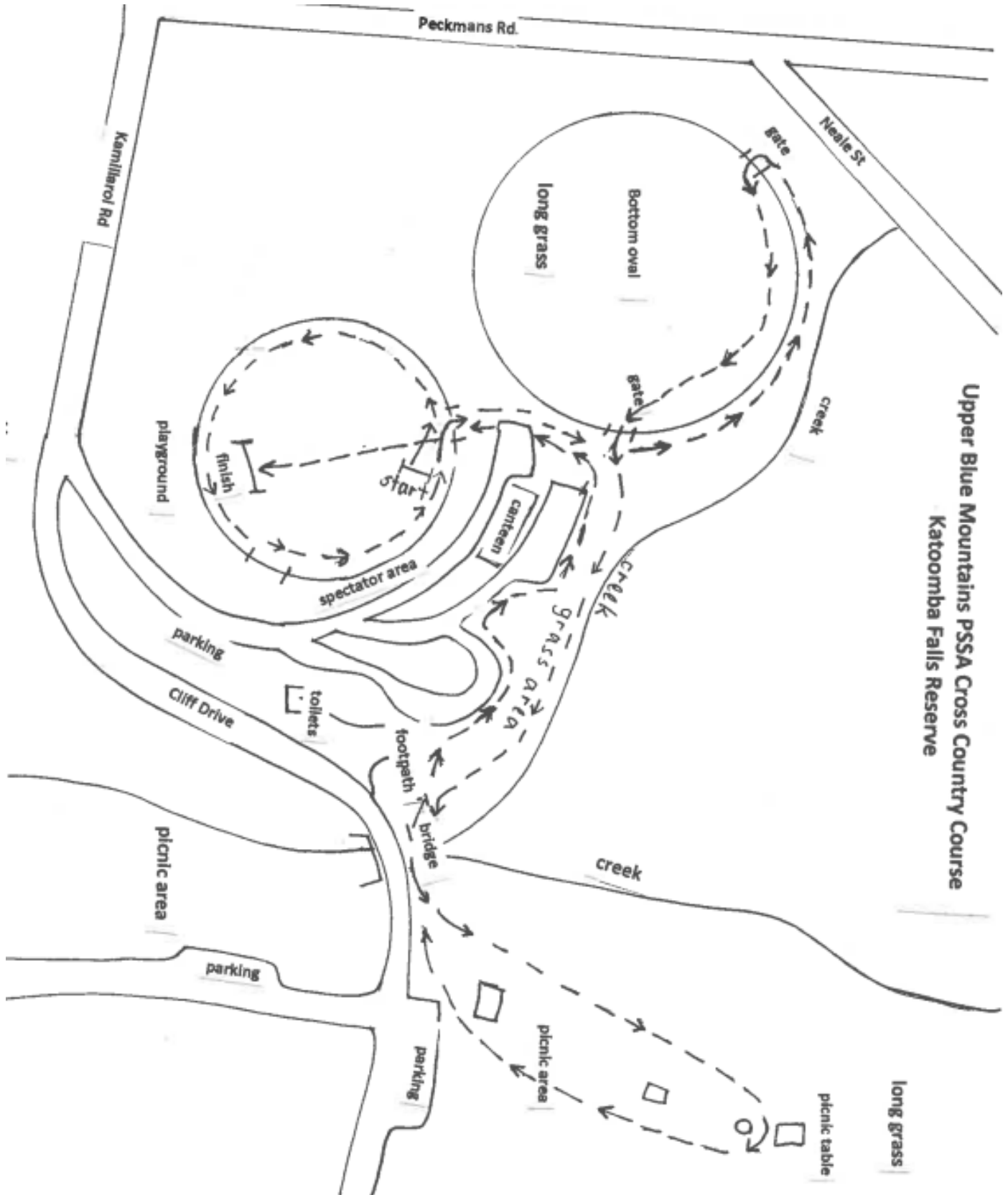


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Student Name: _____ **Class:** _____

- I give permission for my child to participate in the **Upper Blue Mountains Zone Cross Country Carnival 2024** to be held at **Katoomba Falls Reserve** on **Friday 24th May 2024**.
- I understand that I am required to transport my child to and from this event.
- I understand that my child needs to arrive at 8:40am to meet Mr Angel and have their name marked present on the roll.
- I understand that my child may borrow a Leura Public School representative shirt for the day. This shirt may be signed out from the office on Wednesday 22nd May 2024 and **MUST** be washed and returned on Monday 27th May 2024.

Payment

- I have enclosed cash payment of **\$7.50**
OR
 I have paid **\$7.50** online. My receipt no. _____

Medical

- Information held at school is current for my child
OR
 I have listed below changes to medical information and any allergies or conditions that may affect my child on the day.
- _____

Parent/Carer Name: _____ **Date:** _____

Parent/Carer Signature: _____

Parent/Carer Contact Phone no. during the event: _____