

Merriwa Central School



Valuing individual potential – achieving personal best

25 February 2019

Dear Parents/Caregivers

Once again, Merriwa Central School is holding a combined Primary and Secondary Annual Cross Country Carnival on **Friday 22 March, 2019**. For the first time, students will have the opportunity to participate in a Colour Run. The Carnival is considered a normal school day and a compulsory event, where all students are expected to attend. If there is inclement weather, the alternate date is Wednesday 27 March, 2019.

Students will be escorted to the showgrounds at 12:00pm for a 12:45pm start.

All races will be run by distances with an age champion awarded for all ages.

12:50pm start	5,6,7 year olds
12:55pm start	18 year old boys
1:00pm start	16, 17 boys and 17 year old girls
1:05pm start	8, 9, 10 year olds
1:10pm start	11, 12, 13 year olds - primary
1:15pm start	14, 15, 16 year old girls
1:20pm start	14,15 boys
1:25pm start	12, 13 year olds - secondary

Students will need to bring:

- White t-shirt or polo shirt to be changed into before leaving school for the showground
- Plastic bag to place 'coloured' clothes into when getting changed back into school uniform if catching a school bus
- Face washer to assist with cleaning yourself after the event
- It is essential that all students bring a water bottle, wear sunscreen and a hat
- Nutritious snacks and lunch with plenty of fluids, particularly water
- Students who are managing asthma should ensure they bring their puffers

As part of the day, students will receive a free pair of UV400 sunglasses and a motivational wristband to keep. It is recommended that students participating in the 'Colour Run' wear eye protection.

The use of phones is prohibited in the cross country carnival course. Students are encouraged to hand their devices to the office at the beginning of the day. Students are to take full responsibility for any device that they bring to school. Any device that is being used inappropriately will be confiscated for the remainder of the day.

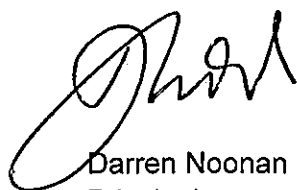
In case of inclement weather, check the school Facebook page or school app. We will post an announcement to these platforms if the carnival is cancelled. If this is the case, normal classes will continue for the day.

Merriwa Central School has conducted an extensive risk assessment for the running of the Cross Country Colour Run Carnival. There will be ample emergency care trained staff supervising students on and off the course. A hydration station will be provided for rehydration during the event. The coloured powders we will use in our event are non-toxic, biodegradable, environmentally friendly and skin safe. Students with lung issues such as asthma are advised to be careful in their decision to participate. Staff will be in control of the powder stations at all times and each station is located strategically around the course maximising ventilation. Staff will undergo training of how to use the powders.

The support of parents is welcomed and highly encouraged on the day. Spectators are not permitted to run with students in the course at any time. Some seating will be available on the grandstands at the western end of the arena. Alternatively, you can bring along a picnic blanket or chair. We ask that all vehicles remain outside the perimeter of the showground and that gates remain closed.

A copy of the cross country course is attached below. Marshals are stationed on the course to ensure safe participation and successful completion of the course by students.

ROAR will be cooking a sausage sizzle for competitors and fun runners at the completion of the event. The ROAR program, in support of increasing school sport participation, will kindly donate this sausage sizzle.



Darren Noonan
Principal



Chad Grant
Sports Coordinator

Merriwa Central School

Bow Street Merriwa NSW 2329

merriwa-c.school@det.nsw.edu.au

www.merriwa-c.schools.nsw.edu.au

Secondary Campus T 6548 2119 F 6548 2534

Primary Campus T 6548 2101 F 6548 2797