

FAITH CHRISTIAN SCHOOL OF DISTANCE EDUCATION

ROCKHAMPTON AND DISTRICT CROSS COUNTRY



Faith is pleased to announce that Rockhampton will be holding their annual Cross Country Event. This is a great day of fun and fellowship as children take on the landscape in a race that will test their endurance. The races on the day will start from 4-5 year olds and up to 18 year olds. There will be varying distances for all age groups. The groups are as follows:

Age Band	Distance
4 -5 years old - Pelicans	700m
6 - 7 years old - Kookaburras	1.0 km
8 - 9 years old - Kestrels	2.0 km
10 - 11 years old - Hawks	2.0 km
12 - 13 years old - Magpies	3.0 km
14 - 18 years old - Eagles	4.0 km

Students are allowed to walk if required

Can you please ensure that students bring the following items:

- Hat, Sunscreen and Water
- Coloured Team Shirt (preferably with a collar)
- Closed in shoes (while running the course | no bare feet allowed)
- Morning/Afternoon Tea
- Good and cooperative attitudes

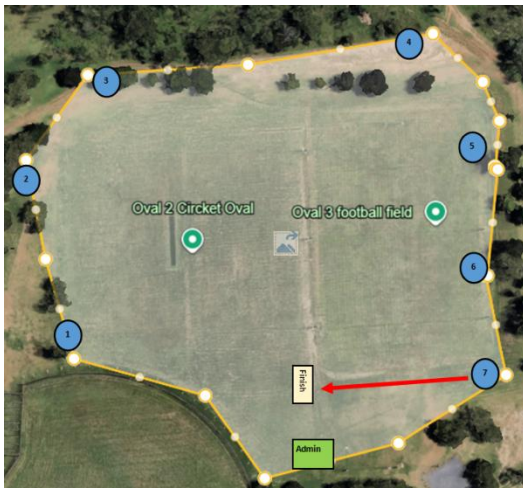
The event will take place at CQU North Rockhampton (Norman Road Entrance)

God Bless - More information, please scroll down

Ground Set up

On the day there will be designated areas set out.

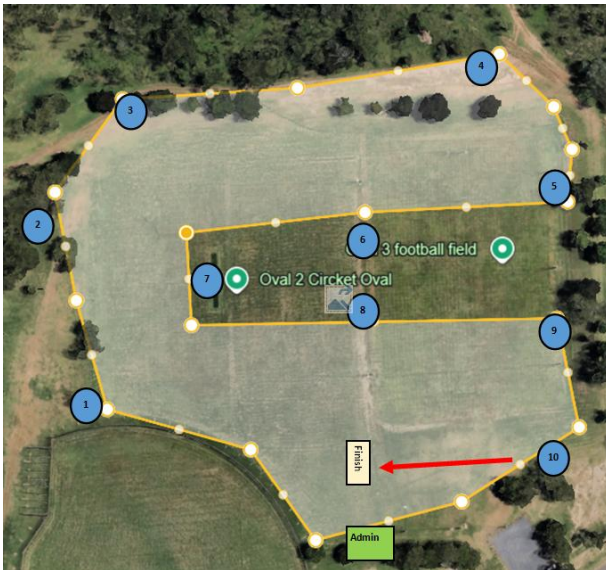
- Please be on time so you don't miss your race.
- Please pick up rubbish or scraps.
- The running track has been set out and is below. The track will be marked out by markers and there will be parent volunteers stationed around the course to encourage the runners and keep them on the path and away from any hazards
- The Senior course runners can organise to have a water bottle handed to them as they run from a family member or friend



The Junior Course is roughly 350 metres (Pelicans). This will mean that the Pelican group will run the course 2 times.

It would be advisable to let children in this age range be told that this is not a sprint and teach them over the coming weeks how to run at a good pace.

Parents or older siblings should run with the Pelican group.



The Senior Course is roughly 1000 metres long. This will mean that the Kookaburras will do 1 lap, the Kestrels will do 2 laps, Hawks will do 2 laps, the Magpies will do 3 laps. The Eagles group will run the course 4 times.

It would be advisable to let children know that this is not a sprint and teach them over the coming weeks how to run at a good pace.

Parent volunteers will be at the numbered stations

How the Day will run

8:00 - 8:30am	Arrive and register at the administration table.
8:30 - 9:00am	Welcome, walk the course.
9:10am	Pelican Race - 700m
9:20am	Kookaburras Race - 1.0km
9:40am	Hawks Race – 2km Kestrels Race - 2.0km
10:10am	Morning Tea
10:30am	Magpies Race - 3.0km - Eagles Race - 4.0km
11:00am	Lunch
11:30pm	Presentations and Pack up

We do want to try and stick to these times as closely as possible but understand that sometimes problems arise that we can't do anything about. If you can please make sure you are arriving before 8:30am, that would be extremely helpful.

Thank you all for taking the time to familiarise yourself with the event. We hope we can bring you another great Cross Country, filled with joy, peace and love. If you have any questions, please do not hesitate to contact **Tim McDonald** either by:

Email: tim.mcdonald@faith.qld.edu.au

Ph/Text: 0420 793 481

God bless you.