



Mulgoa Public School

Friendship, Love, Learning

1189-1193 Mulgoa Rd, Mulgoa, NSW 2745

Phone: 4773 8229

Email: mulgoa-p.school@det.nsw.edu.au



Mulgoa PS 2024 Cross Country Carnival Monday 8th April 2024



Dear Parents and Carers,

We are running our annual K-6 Cross Country Carnival on **Monday 8th April 2024** from 10am to 12:30pm in the school grounds. Parents and carers are welcome to attend as spectators. If you would like to assist as a track official on the day, please email - karen.witherspoon@det.nsw.edu.au. We need track officials to ensure the safety of students on the course and it would be great to know before the day if you are able to assist.

Students turning - 5, 6 and 7 years old run 1km (2 laps), 8, 9 & 10 year olds run 2kms (5 laps) and 11, 12 year olds run 3kms (7 laps).

Students have been preparing for the event by running/walking the course on selected days (weather permitting) and have been doing a great job building their fitness.

Students can wear their sports uniform or their sports house colours, **red** for **Glenmore** and **blue** for **Fairlight** on the day of the carnival. They will need their school hat and an extra water bottle on the day as well as appropriate running shoes.

The **Zone Cross Country** date is **Wednesday 15th May 2024** (Term 2, Week 3). Children **8 years or older** may be selected to represent Mulgoa PS and will receive more information at the start of Term 2.

Looking forward to a great day!

Ms Witherspoon
Cross Country Coordinator