



# SAINT IGNATIUS CROSS COUNTRY



## *HOUSE CROSS COUNTRY*

*Tuesday 27<sup>th</sup> April 2021*

### TIME

9.00 – 10.30: Year 7 & 8

11.00 – 12.30: Year 9 & 10

1.20 – 2.30: Year 11 & 12

### DISTANCE

3.5km

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## **The aims of the day are as follows:**

- 1.To promote running as a fun, healthy exercise in a competitive environment.
- 2.To contribute to the promotion of adopting long term active healthy lifestyles.
- 3.To establish our Age Champions for 2021 and Champion House for 2021
- 4.To select a College Cross Country Team that will compete at the Geelong Independent Secondary Schools Championship on Wednesday 2<sup>nd</sup> June

## **Uniform:**

Normal PE uniform is to be worn by all students for the whole day. Students are encouraged to wear a running t-shirt during their race that matches their House colour. A number of different singlets and bibs will be available at the start line.

## **Participation:**

It is compulsory for every student to compete, whether it is to race, jog or walk. Cross Country Day is about participation and having fun. Not everyone will be able to complete the whole course running but everyone can have a go! The day is also about everyone coming together to demonstrate pride and effort while representing their House.

## **Age Champions:**

Age Champion Medals (male & female) will be awarded to students who win their respective 'Year Group' races. Ribbons awarded for 1st, 2nd & 3rd Place.

## **Asthma Medication:**

Students with asthma should have their personal reliever medication with them when they run.

## **Drink Bottles:**

ALL students to bring with them their personal drink bottle.



### The Course:

This year's course starts on our main oval. Runners will then exit the College via Gillies Road towards the Drysdale underpass. From there runners will complete a full lap of the picturesque Lake Lorne and then go back through the underpass back to the main oval to finish

