



# KURWONGBAH STATE SCHOOL

Eacham Street  
PETRIE, Q, 4502  
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23 March 2023

Dear Parents / Guardians

The Kurwongbah Cross Country selection trials will be held **Tuesday 18<sup>th</sup> April**. For your child to be eligible they need to have been involved in some form of training prior to the event and need to have a reasonable standard of fitness. The training may include involvement in another physically demanding sport, training at school or training at home in their own time. The level of fitness will need to be high enough to run the following distances:

Age Group		Race Distance	Indication of Qualifying Standard
Girls born 2013	10 years	2.0 km	Approximately 10 minutes or faster. Students must be able to run the full distance.
Boys born 2013	10 years	2.0 km	
Girls born 2012	11 years	3.0 km	Approximately 15 minutes or faster. Students must be able to run the full distance.
Boys born 2012	11 years	3.0 km	
Girls born 2011	12 years	3.0 km	
Boys born 2011	12 years	3.0 km	

If your child is placed 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> for their age group, they may be eligible to compete in the Pine Rivers Cross Country Trials Tuesday 2<sup>nd</sup> May 2023. This will depend on whether they meet the qualifying standards. Your child will need to wear suitable footwear and a hat to compete and is encouraged to wear sunscreen and to bring a water bottle.

Your child will be familiar with the course, as they will have walked the course previously in school time. The trials will commence at 2.00pm. Parents are invited to come as spectators.

Please read and complete the below permission form and return to the school office before **Thursday 30<sup>th</sup> March 2023**. The form can also be scanned and emailed to Mr. Wood prior to 6 April 2023 (swood130@eq.edu.au).

Steve Wood  
Deputy Principal

## **Cross Country – 18<sup>th</sup> April 2023 : RETURN FORM TO SCHOOL OFFICE**

I have read and understand the above information and give permission for my child

\_\_\_\_\_ (full name) \_\_\_\_\_ (class) to compete in the Kurwongbah State School Cross Country Selection trials held Tuesday 18<sup>th</sup> April 2023. My child has been involved in adequate training and has a fitness level, which will allow him/her to complete the course for their age group.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

- ☐ Yes my child is available to compete in the Pine Rivers Selection Trials May 2<sup>nd</sup> 2023 if they meet the qualifying time.
- ☐ No my child is unavailable to compete in the Pine Rivers Selection Trials May 2<sup>nd</sup> 2023.