

Mrs Simpson's Sizzling Spotlight

CROSS COUNTRY

This week's sizzling spotlight is about our **Cross Country**. Held annually in Term 1, our Mareeba SS cross country is our first official sporting event on the school calendar. Held on a Friday in the morning on our school oval, our cross country is a series of cross-country distance races for boys and girls. For students in years 3-6 races will occur for students based on their date of birth. In our junior school (Prep to Year 2), our races are in school year levels. This requirement is to support our District sporting pathways where students aged 10 years and above can qualify to progress from the school level cross country through to the district cross country held on the Tablelands in early Term 2 if they place 1st, 2nd, 3rd or 4th.

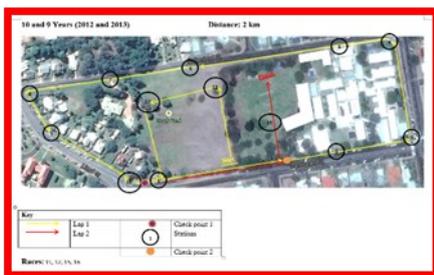
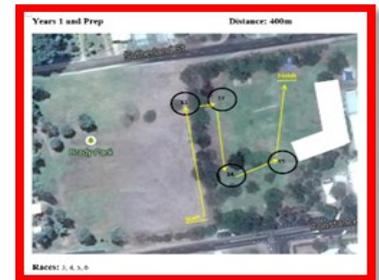


The morning of the Cross Country:



- Students are asked to wear their sports shirts - **BARRON MITCHELL** or **GRANITE** or to have their sports house initial on their **outer left shin**
- Students in Prep, year 1 & year 2 will also have their year level written on their **outer right shin**
- Students in years 3-6 will have their year of birth written on their **outer right shin**.

Once classes arrive to the oval, teachers will allocate students in their age or year level groups and then further into their sports house. Races are started with an official start gun and begin on Brady Park oval, with the overall finish line on our school oval. Families are encouraged to come and support their child/ren but are asked to stay behind the fences at the finish line to allow staff to accurately record finish times and sports house points.



To ensure the safety of our students there are:



- ✓ Drink stations along the way
- ✓ Staff on multiple check points along the course
- ✓ Minor first aid station on the oval
- ✓ Sunscreen station on the oval



With some of our older age groups, students' cross-country courses are outside of the school grounds. Over the past few weeks students have been practicing this course during HPE lessons to familiarise themselves with where to go with staff at check points also assisting with this and safety. Be sure to come along and support everyone!