



11 March 2024

WWHS Cross Country 'Colour Run' 2024 Information

Dear families,

West Wallsend High School's Cross Country Carnival will run locally around the West Wallsend area on **Friday 5 April (Week 10 Term 1)**.

The 2024 Cross Country Carnival also features a 'COLOUR RUN' option for students.

- At checkpoints along the course, teachers will have spray bottles filled with a solution of water and coloured powder. *(The powder is made from maize starch and food colouring).*
- Students who **WANT** to be sprayed with colour should wear a **white** or **light-coloured** shirt on the day. Note: students travelling home on the bus should bring a clean shirt to change in to before getting on their bus.
- Students who **DO NOT WANT** to be sprayed should wear their **navy junior school shirt** or **white senior school shirt**.

All students should bring:

- a hat
- sunscreen
- change of clothes
- appropriate footwear
- water bottle, which can be topped up along the track at water stations.

Organisation on the day

Periods 1 to 3 will run as per student timetables. Students are expected to bring books and equipment required for those lessons as normal.

Following morning classes, students will:

- assemble in the COLA at 12:30 pm for a briefing on the organisation of the event.
- walk to Kevin Evans Oval, Holmesville under teacher supervision. *(Bags will be left in the COLA under teacher supervision).*
- complete the 4.5 km course which finishes at WWHS under the bus shelter.
- report to the sign-in table where their name and finishing place will be recorded. *(Tables will be marked with age group and gender).*
- return to the COLA to collect their bag from the supervising teacher.
- go to the basketball courts 'recovery zone' where music is organised.
- be able to purchase ice blocks, soft drink cans and/or BBQ sausage sandwiches that will contribute to Year 12 fundraising (cash or card only).
- attend final assembly and **roll call** on the basketball courts at the end of the day.

All students will gain house points for participation with the top 10 finishers receiving bonus points.



The top 10 finishers of each age group automatically qualify for the Zone Cross Country.

Students who qualify to represent West Wallsend High School at the Zone Cross Country will compete again in early Term 2. *These students will receive additional information closer to the date.*

Permission to participate in this carnival was provided in the return of the **2024 Medical Information Form and Consent for Sport Activities**.

All students are expected to participate in the Cross Country Carnival. **Students who are unable to take part due to an injury or illness are to bring a signed note to Mr McPherson on the day of the event.** Any absence must be explained through normal channels.

Peter McPherson
Sports Coordinator

Shayne Mason
Head Teacher Sport

Krystal Bevin
Principal