



Tuesday, April 28, 2026.

Dear Parent / Guardian,

Senior School House Cross Country 2026

The House Cross Country Championships for Year 10 – 12 will be held on the Senior school campus on **Tuesday, 5 May**. The Cross Country program has been developed to increase student participation and minimise class disruptions. Cross country will take place for all students between 11:45am-1:00pm. All classes will run in full except for period 3.

Christian College believes participation in House competition is an integral part of its sport program. The Cross Country event forms part of the College's promotion of exercise for student wellbeing, to benefit both physical and mental health. We will be presenting to students over the coming week on the positive impacts of exercise on managing stress, improving emotional wellbeing, keeping a healthy headspace and cardiovascular benefits.

All students will participate in the 3km race. If your child is ill or injured, please email the student office at least 24 hours before the event, setting out the details of the illness or injury and what level of participation should occur.

Information:

- First, second & third place getters of Year 10 –12 races will receive a medallion.
- **Uniform:** All students are to wear their **full sport uniform with house polo shirt**.
- **Parents** are welcome to attend. Please sign in at the front office upon arrival.
- **Water:** it is expected that all students will bring a **full drink bottle**.
- Note if **weather** does not allow for Cross Country, a normal Tuesday timetable will occur.
- **Medical:** Students with medical needs are required to bring their own medication, such as Ventolin. If your child's medical condition has altered since completing the medical form at the beginning of the school year, please inform the front office of this in writing.
- **First aid:** First aid stations will be set up around and at the end of the course (see map over the page)

Thank you for your support of our house program.

Mr Andrew Tucker
Sport Coordinator



3km Cross Country Course



All students complete 2 laps (3km)



Further information

- Awards to be recognised on the day:
 - Fastest on Campus (Male and Female)
 - Year Level Champion (1st, 2nd and 3rd, Male and Female)
 - House Champion (if time allows)

Note: No Housegroup or Period 3 class

8:55am- 10:35am	Period 1 + 2 (100 min)
10:35-10:50am	Recess
10:55am-11:45am	Period 4 (50 min)
11:45:1:05pm	House Cross Country (80 minutes)
1:05-1:45pm	Lunch
1:50pm-3:30pm	Period 5 + 6 (100min)

11:45am	Transition to oval
11:50am	Welcome and Briefing (oval)
11:55am	Warm up
12:05pm	3km Boy's race begins
12:10pm	3km Girl's race begins
12:45pm	Events conclude
12:50pm	Presentation
1:05pm	Dismissed for lunch