



23 May 2024

Dear Parents/Caregivers

RE: ACC Cross Country Competition - Thursday, 30 May

Your child has been selected as a member of the Ursula Frayne Cross Country team representing the College in the 2024 ACC Cross Country competition on Thursday, 30 May at Perry Lakes.

Please note the Information below:

Uniform requirements

All students are required to wear their UFCC sports uniform including the sports cap. Appropriate running shoes must be worn. Students will be given an athletics singlet to race in which they will return at the end of the day.

Medication

If your child requires medication to be taken at a certain time, please ensure they bring the required dosage or their epipen with them on the bus and to the event.

Food

Your child can choose to bring their recess and lunch or purchase from the food vans at the venue. A water bottle is essential.

Timeline for the Day

All runners and reserves are to be at school and in the gym by **7:30am on Thursday, 30 May**. The bus will depart at 8:00am. They will return to school by 3:20pm.

Course

The event is held at Alderbury Reserve at Perry Lakes. Under 13s and 14s run 3km, Under 15s, 16s and 19s run 4km. Please click on the link below to access the program booklet.

[Cross Country - Program Booklets | Associated & Catholic Colleges of WA \(accsport.asn.au\)](https://accsport.asn.au)

Should you require further details please contact me at claire.woolfitt@cewa.edu.au.

I thank you for your support in encouraging your child to take part in this enriching experience. We look forward to seeing them at the starting line!

Regards

Claire Woolfitt
SPORT COORDINATOR