**CROSS COUNTRY & ATHLETICS CARNIVALS 2025**

Dear Parents/Caregivers

Listed below are Cross Country and Athletics events that are available for participation this year:

**Cross Country - SAPSASA District** – Friday 9th May at Park 9 North Adelaide

(This carnival is open to children born from 2012 to 2015).

**Cross Country State Championships** – Thursday 5th June at Oakbank Racecourse

(This carnival is for children that finish top 3 in their event in the above district carnival).

**Cross Country – Catholic School**s – Wednesday 6th August at Park 15, Adelaide Parklands

(This carnival is open to students in Year 3 to Year 6)

**Athletics – SAPSASA District** – Friday 22nd August at Bridgestone Stadium, Salisbury

(This carnival is open to children born from 2012 to 2015).

**Athletics – State Metro Championships** – Monday 22nd September at Mile End Stadium

(This carnival is for children that win their event in the above district carnival).

**Athletics – Catholic Schools** – Thursday 30th October at Mile End Stadium

(This carnival is open to students in Year 3 to Year 6)

**The District Cross Country Carnival** is early next term so we have minimal time to train and select students for this event. Due to my recent absence from school, it has been difficult to start running training any earlier. Once again, we will not be sending an official team with teacher supervision for the District Cross Country. If your child is a current regular runner, able to complete 2 km between 8 and 12 minutes (without stopping), then I would recommend you consider entering your child as an individual entrant for this carnival (please note older students will need to run 3 km for the district carnival). This carnival is then the gateway to your child attending the State Championships at Oakbank Racecourse. Last year we had about 8 students that qualified to represent the district at State Day. Please email me if you would like to enter your child for this day so I can inform the organisers.

Training for Cross Country will begin on **Tuesday 25th March**. I would strongly recommend attendance for any students wanting to improve their times for Cross Country as well as students wanting to be considered for Athletics. Building up a good fitness level through endurance training assists children in all sports. Training will be held every **Tuesday and Thursday between 8.00am and 8.25am.** There will be no training on the morning of Sports Day. Extra training at home on weekends and during the upcoming holidays should also be considered.

Towards the middle of next term, once Cross Country events are finished, we will begin preparing students for all the Athletics events by training before and after school on various days. More details about this in early June.

Kind regards

Angelo Zamparelli

(Sports Coordinator)