



South African College Junior School



ANNUAL INTER-HOUSE CROSS COUNTRY CHAMPIONSHIPS

Dear Parents

4 August 2017

You are cordially invited to attend our annual Inter-house Cross Country Championships on **FRIDAY 11 AUGUST 2017**, starting at **08:30**.

It is tradition that **all** boys participate in the Championships. Historically, Cross Country carries great kudos in the spirit of camaraderie amongst traditional schools worldwide. SACS wants all boys to be part of this unique and special "Chariots of Fire" experience. Every boy who completes his race scores a point for his House. Any boy who is unable to run (owing to injury or illness), is required to provide his class teacher with a valid written note prior to the event.

EVENTS TAKE PLACE AS FOLLOWS:

- o 08:30 – 09:30 Under Seven, Under Eight and Under Nine Events.
- o 09:45 – 10:15 Break for Senior Primary. Junior Primary go home.
- o 10:30 – 12:00 Under Ten, Under Eleven, Under Twelve, Under Thirteen and Open Events.
- o 12:00 SCHOOL CLOSSES.

PLEASE TAKE NOTE: We are starting the Under Seven race promptly at 08:30 and request that all Grade One to Three boys arrive no later than 08:00 in order to facilitate their early start. We need to complete all the events by 12:00 to avoid the High School traffic build-up on the estate.

Grade One to Seven boys may leave with their parents after their races if they notify their class teacher. All parents are requested to advise their son's class teacher as to whether they will be:

- a) leaving after the race with parent(s);
- b) staying at school until 13:00, or
- c) staying at school until 13:00 and then proceeding to Aftercare.

Please advise the class teacher via the homework diary or email before Friday 11 August 2017.

TUCKSHOP: The Tuckshop will be open from 08:15 onwards and refreshments and snacks will be on sale.

RACE CANCELLATION: In the event of inclement weather, boys are to come to school prepared for an academic day. Monday the 14th of August has been set aside as the back-up date for this event. Arrangements for this will be communicated to parents as and if needed. Boys in Grades Four to Seven will attend school as usual first thing in the morning until their age group event begins at 10:30.

DRESS: Boys are to arrive wearing white shorts, their House T-shirt and running shoes for the event. The SACS tracksuit may be worn as well. Please also pack an extra set of PE clothes and a towel in case we experience a downpour during the course of the morning. **Boys who are not running are to wear full school uniform to school.** They will be supporting their peers in true SACS fashion.

PARKING: Parents attending the meeting are requested to park in the parking area next to the Aquatic Centre.

Please note: Course Marshalls will be controlling internal traffic for the safety of our boys.

PENTAGULAR – 2017

PLEASE DIARISE: Bishops, Rondebosch, Wynberg, WPPS, and SACS on Friday 8 September, venue and time to be confirmed.

Ten boys from each of the five schools take part in each age group race (Under Nine to Open). These boys will be selected after the Inter-house Race. They will receive a letter with more details closer to the time.

We look forward to seeing you at our event on **FRIDAY 11 AUGUST 2017** as it promises to be great fun!

Kind regards

JARED BOTHAM
HEAD: CROSS COUNTRY