



# Upper South East SAPSASA DISTRICT

Convenor:

Sharon Miels

Mobile:

0412 177 143

Email:

[sharon.miels400@schools.s.edu.au](mailto:sharon.miels400@schools.s.edu.au)

Est. 1912



## USE SAPSASA CROSS COUNTRY TEAM INFORMATION 2019

All runners will need to pay a levy to USE SAPSASA, money and remittance forms need to be directed to Frances Primary School prior to competing in Adelaide, no payment is to be made to the coach/manager.

The Cross Country Championships will be held on Thursday 6<sup>th</sup> June 2019 (Week 6) at Oakbank Race Course.

Please meet 60 minutes prior to your start time at the Upper South East banner, so we can check you in. You can find us at the top of the Shillabeer grandstand. If you have problems finding us, please ring our mobiles. Our district will be required to fulfil some jobs on the day. Please be ready to volunteer when requested so parents can do short stints rather than long ones – then everyone can watch their own child compete!!

Uniform:

Cross Country tops are provided (no. 39 is our district), **to be returned to Sharon prior to leaving Oakbank.**

Plain black or navy sports shorts

Shoes – either light sandshoes or athletics running shoes (spikes are allowed for 13 years and over)

Team members are able to order polo shirts, year 6/7's are also able to purchase USE jumpers. None of these are compulsory but are available for purchase. The polo tops are similar to the red and blue SAPSASA tops for other sports with Cross Country 2019 printed on the back. If children are selected in the team in subsequent years, the year of selection can be added to the shirt. A tax invoice is included for ordering. If you require please fill out order form and direct to Frances Primary School.

**All shirt orders need to be emailed to Sharon 12noon Wednesday 15<sup>th</sup> May. Due to the short turn around, polos are not being guaranteed to arrive by 6<sup>th</sup> June. Payment needs to be directed to Frances Primary School.**

Those that require 2019 put on the back of their polos, please bring to the first training.

**SAPSASA Sports Centre Merchandise is no longer allowed to be worn at carnivals, all participants MUST be in district uniform.**

**Program of Events & Course Map:** <https://www.education.sa.gov.au/teaching/sport/sports-and-competitions/cross-country>

Competitors must assemble in the marshalling area 20 minutes prior to the starting time of the event. Competitors will be called over the PA.

### THE START:

(a) Short whistle blast 1 minute before the starting time will alert competitors to be ready for the starter's call.

(b) Starting time - command will be: "COMPETITORS TAKE YOUR MARKS".

(c) Starter will then fire the gun.

**Start Process:** Athletes from each school/ district are to line up with the fastest runner on the start line with others in order behind. Fastest runners will then lead the large fields onto the course.

**Transport:** is by private car: Students and families from each school are asked to pool together if necessary. This way we will have a great group of supporters on the day.





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### **Parking**

Car parking is accessed along Shillabeer Road off Onkaparinga Valley Road in two areas:- enter through Woodside gate & Pinnock's gate. Disabled car parking is accessed via the main gate – enter off Oakwood Road. Cars dropping off must do so in the car parking areas – not at the main entrance. Bus parking and drop off is accessed in 2 places: #1 Enter the main gate off Oakwood Road, off Onkaparinga Valley Road & #2 Shillabeer Road – near the Woodside gate.

**PLEASE NOTE: SAPSASA, Secondary School Sport SA and the Department for Education and Child Development do not insure children against accidents. Parents are strongly encouraged to insure their children against accidental injury and ambulance transportation and assistance.**

Please see our Facebook site for all up to date information.

Regards,

Sharon Miels  
USE Convenor  
0412 177 143

Josh Searle  
USE Cross Country Coach  
0447 081 027





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ABN 97 016 703 670

TAX INVOICE

**USE SAPSASA Costing details for Trips to Adelaide**

Sport: **Cross Country**  
Name of Student: .....  
School: .....

<i>Item</i>	<i>Cost</i>	<i>Total</i>
SAPSASA Affiliation to students		<b>\$ 7.00</b>
USE Levy (Includes: Expenses and admin costs, Uniform maintenance & hire)		<b>\$10.00</b>
Total due:		<b>\$17.00</b>

Due to the Educational Nature of these costs, they are all GST Free.

This costing has been approved by the District Convenor, *Sharon Miels*

***Payment must be made direct to Frances Primary School.***

*If not paying in person, please complete the remittance advice below and return with your payment or for direct deposits, fax to 08 87651 004.*

**DO NOT GIVE MONEY TO COACH OR TEAM MANAGER**

**REMITTANCE ADVICE:** (post to Frances Primary School, Frances SA 5262 OR fax to 08 87651 004)

**Student Name:** ..... **School:** .....

Paying By: Cheque  Credit Card  Direct Deposit  Cash (in person only)

**Direct Deposit Details:**

BSB: 065 506 Account Number: 10014844  
Account Name: Frances Primary School  
Reference: Name of Sport & Student Name (eg. Ref Code: SOCCER, Remitter: JANE SMITH)

**Credit Card Details:**

Visa  Mastercard

Card Number:

Name on Card:

Expiry Date:

Signature:

Amount:



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TAX INVOICE

**SAPSASA Uniform Order Form**

*Please note that these items may not be part of your school's uniform and therefore may not be allowed to be worn at your school. Please consult your school's uniform policy.*

Name of Student: .....

School:.....

Phone Number: .....

Please supply the following:

Size	Cost	Size	Total \$
<b>JUMPER *</b>			
Childs 10/12/14/16	\$60.00		
Small/Medium	\$60.00		
<b>Polo Shirt *</b>			
10/12/14/16/S/M/L	\$35.00		
Year Print ONLY (for those people that already have a shirt)	\$6.60		
<b>Total Cost \$</b>			

**Has Sharon received this order???**

\* All prices are GST inclusive

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