

Dear Parent/Guardians,

The Merici Annual Swimming and Athletics Carnivals are an opportunity for all members of the school community to gather and celebrate the talents of Merici students. It is also an opportunity to promote the health and fitness of the students as well as develop pride and passion for their House. All students are expected to attend both carnivals as they are compulsory community events and fall on a school day. Parents will be asked to explain their child's absence in writing in a note to their PC teacher. Please see below for further information regarding both carnivals.

Please complete the following form which will give consent for attending both the Swimming and Athletics carnivals, and the working bee (this is optional) at <https://forms.office.com/r/8dNLXWwAHU>. Please note that you will need to press 'CONFIRM' in the confirmation email you receive to generate the actual physical copy of the permission slip.

Information relevant to both Carnivals

Food: Both Canberra Olympic Pool and the AIS have a canteen that sells a variety of food and drink. However, it is recommended that your child bring a packed lunch, as lines could be long. In line with the normal school policy, students are not permitted to bring/have fast food or take away meals delivered to the venue.

Dress: Students are expected to wear appropriate clothing such as shorts, T-shirt, hat and runners, over their swimwear/sports gear. House colours should be worn, and students are encouraged to dress in the theme for their assigned House. The use of body paint or coloured hair spray is not permitted. Students will need to bring sunscreen and a hat. Some shade will be provided.

Officials: All parents and carers are very welcome and encouraged to attend either carnival. If you are able to assist with time keeping, marshalling or judging on the day please email kylie.olsthoorn@merici.act.edu.au with your preferred duty and time slot.

Working Bees: Working Bees will be conducted on

- Swimming: Monday 27th February, 3:30pm to 5:30pm
- Athletics: Friday 17th March, 3:30pm to 5:30pm

Both working bees are for students to prepare props for the carnival. These will be supervised events in the OYC near the corner of Henty Street & Limestone Avenue. Students from all Houses and Year groups are invited to attend.

Swimming Carnival

Location	Canberra Olympic Swimming Pool, Constitution Avenue, Canberra
Date	Friday 3rd March, 2023
Transport	Students are required to arrive at school at 8.45am, they will go to their regular PC class and then be bussed to the venue. All students will be bussed back to school at the end of the day. NB – students swimming the 100Free or 200IM will need to make their own way to the pool and arrive by 8.45am.
Cost	NA
Return of note	Friday 24th Feb, 2023 – this is complete electronically via forms
Time	9.15am-2.30pm
Uniform	House Theme
Contact no.	02 6243 4100

Transport: Students are expected to arrive at school and attend their PC class as normal at 8.45am. (students who are swimming the 100 free or 200 IM will need to make their own way to venue by 8.45am). The buses will depart Merici at 9.15am. **All** students will be transported back to Merici College via chartered bus at approximately 2.30pm and dismissed as normal. However, should you request that your daughter leave the venue early for any reason they must be collected by a parent, and it is imperative that a signed note explaining the request be produced and submitted to her **PC teacher by Friday 24th February**. Students in the early events (Swimming: 100m Freestyle & 200m) will need to make their own way to the pool, as the distance swimming program will begin at 9am.

Non-Swimmers: If your child is unable to swim and you do not wish for her to be in the main pool, please ensure you record this in the permission form and return it to school by Friday 24th February. Non-swimmers are encouraged to participate by actively supporting their House, assisting with official duties where appropriate and competing in the novelty events designed for non-swimmers, which are held in the kiddie pool.

Main Program: In conjunction with the main swimming events, the College has successfully run a few novelty events in the kiddie pool as part of our program. Students may have the opportunity to have-a-go on the diving boards, should time permit. The program during the day will include 50m freestyle, backstroke, breaststroke and butterfly, as well as relays. All students who can swim are encouraged to enter these swimming events on the day. Placings will go towards regional and ACT events; students will receive points for their House and ribbons and Age Champions will be awarded.

100m Freestyle and 200IM: The 100m freestyle will be held before the main program starting at 9:05am. The 200IM will be directly after the 100m. Students wishing to compete in these events need to pre-register with (insert name) by Friday 24th February. If your daughter would like to nominate for the 200IM and/or the 100m please click here: <https://forms.office.com/r/7syjtZWtPK>

If your daughter would like to be considered for the 100m fly, back or breaststroke at the North side Zone Carnival, please complete a nomination form here: <https://forms.office.com/r/Rdq53ms2zj>

COVID-19 Regulations: While restrictions regarding COVID-19 have been lifted, students are encouraged not to attend if they are displaying flu-like symptoms.

Athletics Carnival

Location	AIS
Date	Thursday 23rd March 2023
Transport	Bus
Cost	NA
Time	9.15am-2.15pm
Uniform	House Theme
Contact no.	02 6243 4100

Transport: Chartered buses will be provided to transport students to and from the venue. The buses will depart Merici at 9.15am and return at approximately 2.30pm. Unless competing in the 1500m event it is expected that all students will travel to and from the venue by bus from Merici College.

1500m run: This event will be conducted prior to the official commencement of the carnival at 9.00am. If your daughter would like to enter this event, she will need to make her own way to the track ready to run by 9.00am. Please nominate here <https://forms.office.com/r/Use8gYcljp>

Yours sincerely,

Kylie Olsthoorn
HPE Coordinator