



# MUTIARA INTERNATIONAL GRAMMAR SCHOOL SDN BHD

(391277-M)

DISCOVERING POTENTIAL • LEARNING TO CARE • RESPECTING DIFFERENCES

1<sup>st</sup> October 2018

Dear Parents / Guardians,

## **MIGS ANNUAL CROSS COUNTRY RUN 2018-2019**

The students and the Physical Education Department staff of Mutiara International Grammar School invite you to our MIGS Annual Cross Country Run 2018/2019, at Mutiara International Grammar School, Upper Field on Friday, 5<sup>th</sup> October 2018 starting at 7:45am.

**We would ask you to read through this letter through with your children.**

We are very much looking forward to your support and anticipate an exciting and enjoyable day blessed, hopefully by good weather. We plan an interactive programme during which you will not only be able to watch your children perform but also to support and spend time with them. We would like to take this opportunity to explain how we plan to run this year's event.

### **ARRIVAL OF STUDENTS**

We ask that all students to be in school by 7.30 am, dressed in their own House T-Shirts, PE Track pants/shorts and running shoes and compulsory school cap. They should also bring a water bottle and plenty of sun cream and insect repellent and an extra change of clothes, preferably PE kit and school shorts. On arrival they will report to their form tutors teachers for registration. At 7.45am students will be escorted to the warm-up area before the start of the start of the races.

**Students requiring inhalers or any other form of medication must bring them on the day.** With this in mind it is important that students and parents alike are fully aware of the programme. Parents and students should know what event their child is taking part in and when, approximately they are taking part.

### **PROGRAMME OF EVENTS**

7.50am	Welcome by MC & Speech by Mr Stephen West
8.00am	Warm Up
8.20am	Races begin
11:00pm	Year 10 Co-Art Student fund raising activities
12.30pm	School dismissed

### Race distances

Time	Age group	Distance
08:20	Reception	300m
08:30	U7	600m
08:45	U9	750m
09:00	U11	1.5km
09:15	O15	B 4km, G 3km
09:30	U15	3 km
09:45	U13	1.5km
10:00	Parents/Teachers	1.5 km

### **STUDENTS RESPONSIBILITY**

Students must listen to announcements which will call them to their events. A programme will be published so they will also be aware of the time of their events. If your child is taking part in an event, he / she must report to the event area as soon as the announcement takes place. If your child is not taking part in a particular category they are free to support their peers in the house tents located on the upper field.

### **SPECTATORS**

We very much wish for you to enjoy the occasion and take great pleasure from watching the abilities of your children. We would ask that you assist us in making the day successful by following these guidelines:-

- a) Please respect that the staff and teachers are working their best for your children. Please stay away from the track and adhere to areas allocated for spectators.
- b) Please be aware of the programme and inform your child where necessary.
- c) Please do take part in our Parents vs Teachers race at the end of our event.

### **MEDALS**

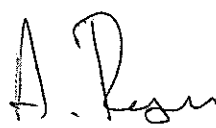
Medals will be handed out for the first three places in each race. Reception children may leave with their parents after their prize giving which will take place in the MIGS Hall immediately after their event. The prize giving for the Junior School competitions will take place in the hall once all the Junior races have been completed.

The prize giving for the Senior School competitions will take place in the hall once all the Senior races have been completed. All students are expected to attend the prize giving ceremonies, so please join us to congratulate our outstanding athletes. After the medal ceremony students and parents will be invited to participate in a fund raising games activity run by the year 10 Co-art students. This section is not compulsory and parents and students are free to leave school once the medal ceremonies have finished.


We would like to thank all staff, teachers and parents at Mutiara International Grammar School for their help in making this day successful. Finally, we would like to thank all the parents who are able to attend this year's Cross Country Run for their support and participation. We wish your sons and daughters every success in their events.

We do hope you have found this information helpful and looking forward to seeing you on Friday, 5<sup>th</sup> October 2018 at Mutiara International Grammar School. Thank you.

Yours sincerely,



**MR ADAM PERYER**  
Head of Physical Education



**MR STEPHEN WEST**  
Principal/Head of School