

2025 MS Interhouse Competitions

Parent/Guardian Information



Dear Parents and Guardians,

2025 Middle School Interhouse Cross Country & Summer Interhouse Competitions

On Friday 11 April (Week 11) our Year 7-9 students will be participating in our Interhouse Cross Country competition in Lessons 1, 2 and 3 at Bell Yett Reserve, and then from 1:30pm they will join forces with their Senior School sisters and our Summer Interhouse Competitions will begin! It will be a big day for the girls and a chance to showcase their skills and Saints Spirit as they compete for Interhouse glory.

A schedule and map for the day is included below. Families are welcome to attend to support their girls and respective Houses.

CROSS COUNTRY

Schedule		
L1: 8:30-9:20am	Year 7	2000m (4 laps)
L2: 9:20-10:10am	Year 8	3000m (6 laps)
L3: 10:35-11:25am	Year 9	3000m (6 laps)



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SUMMER INTERHOUSE

Activities for Summer Interhouse will start on Monday and continue all week, culminating in the main events taking place on Friday afternoon.

MONDAY 7 APRIL	TUESDAY 8 APRIL	WEDNESDAY 9 APRIL	THURSDAY 10 APRIL	FRIDAY 11 APRIL	
MS Basketball Court 1 & Gym Lunchtime	MS Volleyball Oval Lunchtime	MS-SS Touch Oval Lunchtime		SS Basketball MS-SS Cricket	1:15pm All students meet on the Oval in houses. House chants and everyone go to events
Rnd 1 – 1:00-1:12 Rnd 2 – 1:12-1:24 Rnd 3 – 1:24-1:36	Rnd 1 – 1:00-1:15 Rnd 2 – 1:15-1:30 Rnd 3 – 1:30- 1:45	Round 1 – 1:00-1:15 Round 2 – 1:15-1:30 Round 3 – 1:30-1:45		MS-SS Rowing MS-SS Tennis SS Volleyball	Round 1 – 1:30-2:05pm Round 2 – 2:05-2:40pm Round 3 – 2:40-3:15pm 3:15pm – All students head to the Chapel Winners presented with shields. Overall winner announced. 3:30pm - dismissal

Things to remember for students:

- Girls can wear their PE uniform with House shirt all day on Friday.
- Prepare for the day properly. Good nutrition and hydration are key!
- Bring a water bottle with them to Cross Country and Summer Interhouse.
- Make sure they are wearing the school PE hat and sunscreen if they are outside competing.

These events are about trying their best and representing their House. We hope to see all of them challenging themselves to contribute to their House's overall result!

In the event of inclement weather, the event will be modified or cancelled to ensure the competition is run safely. Notifications will be sent via email if there are any changes.

Looking forward to a great day of competition between our girls.

Kind Regards,

A handwritten signature in black ink, appearing to read 'Alice Johnswood'.

Alice Johnswood | Director of Sport