



Heriot School

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5 June 2018

EASTERN SOUTHLAND CROSS COUNTRY

Dear Parents/Caregivers

Your child has been selected to compete in the Eastern Southland Cross Country.

Venue: Southern Field Days Site, 575 Waimumu Road, Waimumu

Date: Thursday 14 June 2018

Postponement: We will endeavour as best as possible to run the event on the day. However, should extreme weather occur postponement will be broadcast on: Hokonui (94.8) by 8:00am at the latest. Postponement Day is Friday 15 June 2018.

There will be a representative from Heriot School at the cross country but they will be marshalling all day therefore parents will need to be responsible for transporting and supervising their own children.

Ages: Children compete in the age group they will be in as at **31 December 2018**.

Distances: 10 & 11 years approximately 2000m 12 & 13 years approximately 3000m

Parking: As we are expecting around 500 competitors and supporters at this event with everyone needing to travel by car, it is paramount that everyone follows the marshals' instructions when parking.

Track Conditions: The track has been developed as much as possible to have as much of a cross country feel as possible, therefore it has a mixture of terrain. It will be muddy in places and has several jumps and some creeks to be negotiated. It has an elevation of 35m over the course of the track. It is highly recommended that competitors have a spare set of clothes to change into and a towel to clean themselves after the race. Hoses will be available to hose off excess mud before changing into dry clothes.

Footwear: Gym shoes must be worn. No sprigs, spikes, socks or bare feet.
*It is recommended that all runners wear old gym shoes and that they be **taped on**.* Previous years shoes have been lost or ruined in the mud.

First Aid: First aid will be provided for those who require it and it will be at the finish line.

Toilets: Toilets are available in various places around the site.

Finish: The race will finish through a chute where a number will be placed on the runner's hand. Runners must stay in the order they cross the finish line until they get their number.

Race Timing: Should competitors wish to find out their time then they will need to make their own arrangements.

What competitors need to bring:

- **Food:** Competitors need to bring their own food. – There will be some food available to purchase. Zippy Coffee Car will be available for you to purchase coffee.
- **Drinking Water:** Competitors need to bring their own water.
SITE WATER MUST NOT BE CONSUMED FROM ANY TAP OR HOSE ON SITE AS IT IS NOT FIT FOR HUMAN CONSUMPTION.
- School sports uniform
- Change of clothes (warm) and shoes
- Towel
- Gumboots for walking the track
- Proper running shoes – not spikes or sprigs
- Plastic bag for dirty clothes

Timetable for the Day

11.00am **Walk the track (gumboots on)**
 11.45am **Welcome and Announcements**

Race Times

Times are approximate only so please make sure competitors are warmed up and ready at least 30 minutes before their event.

12.00pm 10 Year Old Boys
 12.15pm 10 Year Old Girls
 12.30pm 11 Year Old Boys
 12.45pm 11 Year Old girls
 1.00pm 12 Year Old Boys
 1.15pm 12 year Old Girls
 1.30pm 13 Year Old Boys
 1.45pm 13 Year Old Girls

2.30pm **Finish of the event**

Please find attached a map for your information and a Permission Slip which must be returned to school by Thursday 7 June 2018.

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2018 EASTERN SOUTHLAND CROSS COUNTRY PERMISSION SLIP

I give permission for to compete in the Eastern Cross Country at the Southern Field Days Site Waimumu, on Thursday 14 June 2018.

Postponement Date - Friday 15 June 2018.

I understand I am responsible for transporting and supervising my child at this event.

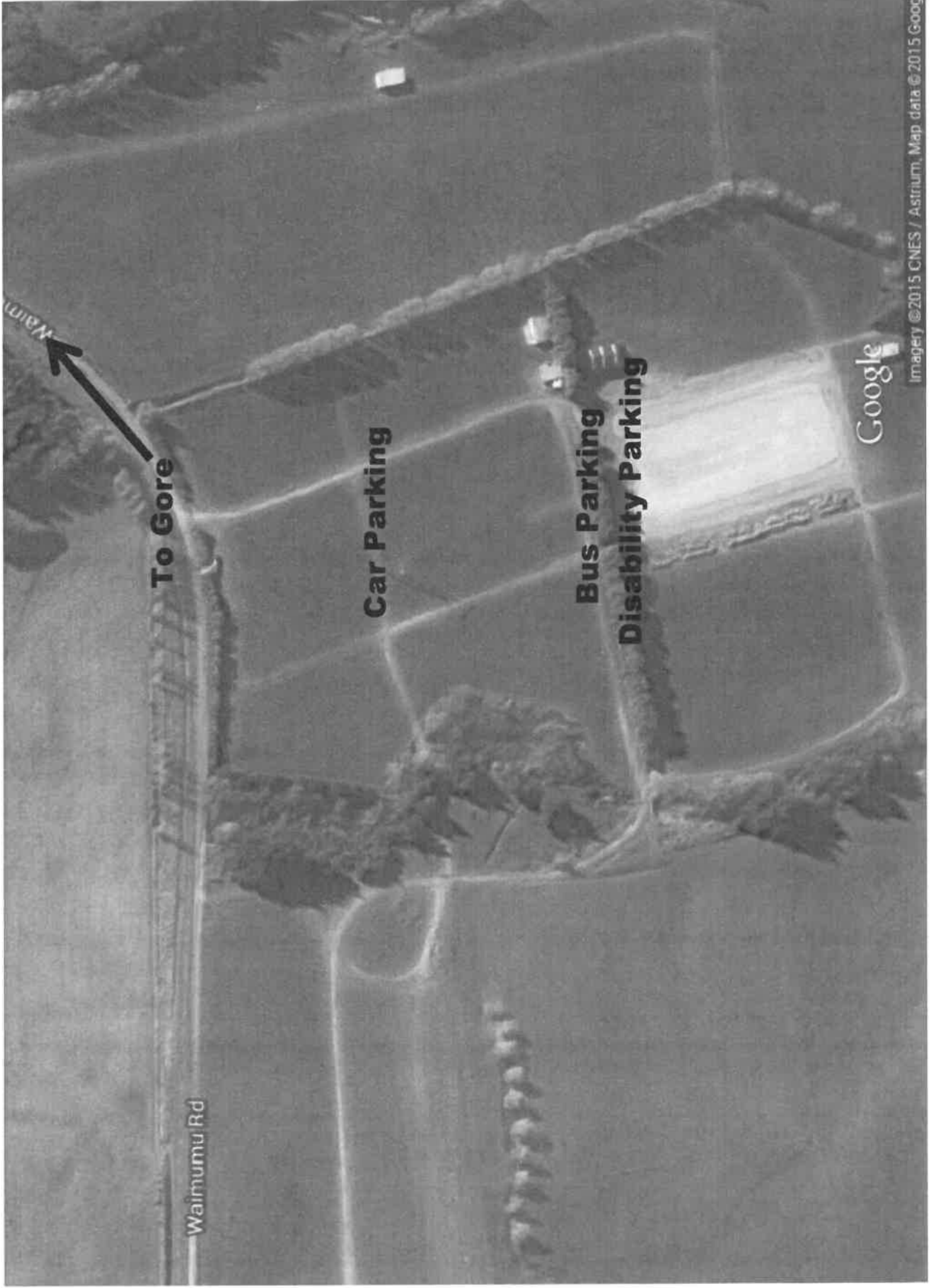
Parental Consent:

Date:

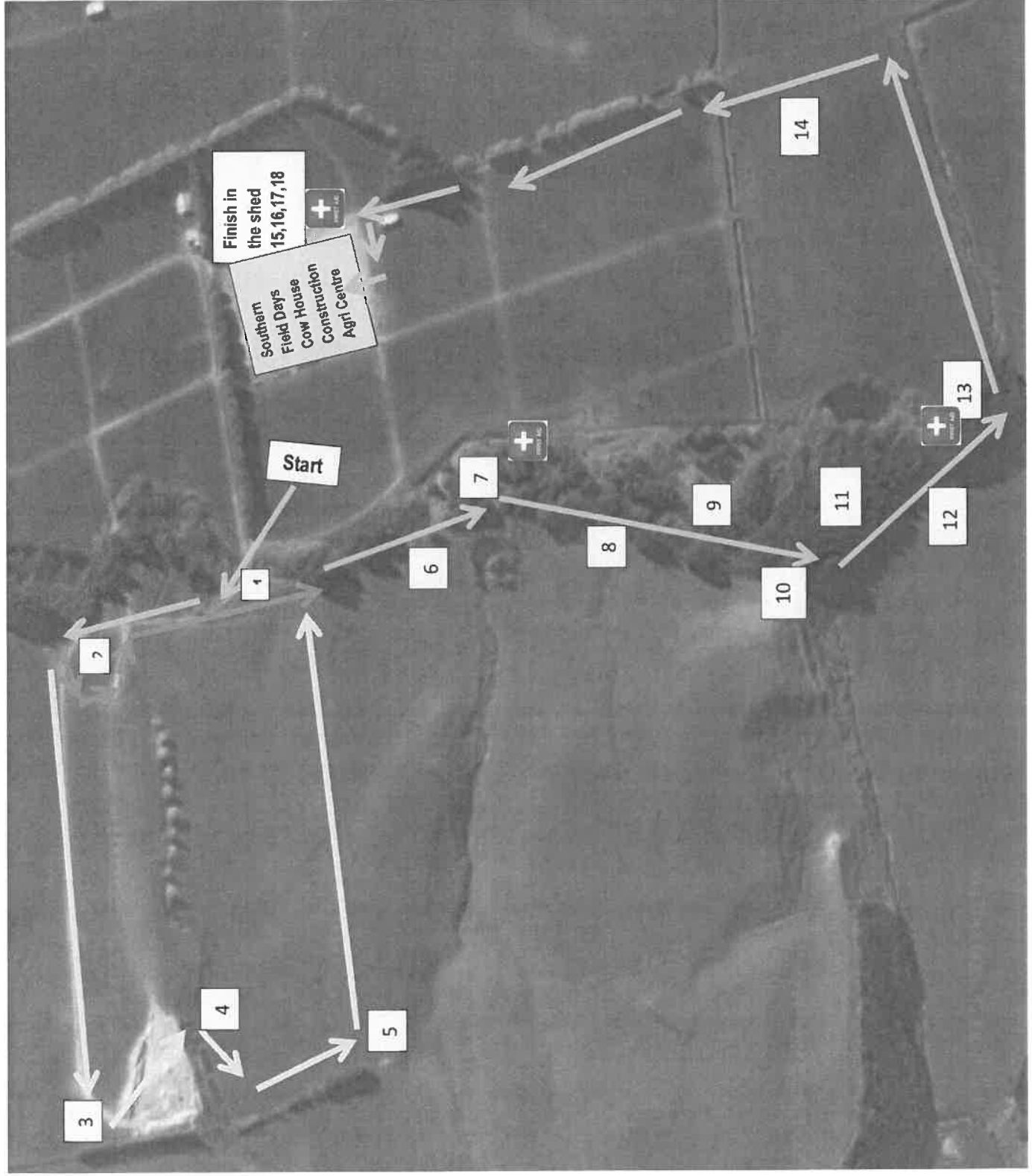
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If you have any questions, please contact me at school.
Lockie Brensell, Sports Coordinator

2018 Eastern Southland Primary Schools Cross Country Maps



2018 Eastern Southland Primary Schools Cross Country Maps



All Runners → Age 10 & 11 Runners → Age 12 & 13 Runners → Marshals 1