

WAINUI SCHOOL CROSS COUNTRY DAY



On **Friday, the 7th of August**, our annual Wainui School Cross Country Day will be held at school. The cross-country trophy is up for grabs and **Jacob House** will be trying hard to defend it. We have requested fine weather for the day but there is still a chance it could rain. If it does rain the event will still go ahead! Parents and other spectators are more than welcome to come along and watch the racing.

From the day, we will select the top four finishers from the Year 5, 6, 7, and 8 categories, who will make up our Interschool Cross Country Teams. The date for the Year 7/8 event is **Friday, 14th of August**, which will be held at Muriwai. The date for the Year 5/6 event is **Thursday, 27th of August** and will be held at Shakespear Regional Park.

Below are a few reminders for the children:

- Bring clothing appropriate to run in – try and dress in your **house colours**
- Bring a **change of clothes and towel** for after the run, especially if it rains
- All children **must wear shoes**. They will be running on the bike track
- Remember your **water bottle**
- Remember any **medication** you may need, especially if you have asthma

Each year group will run the following distances (approximate):

- Year 7, 8 - six laps of a 550m course
- Year 5, 6 - five laps of a 550m course
- Year 4 - four laps of a 550m course
- Year 3 - three laps of a 550m course
- Year 2 - two laps of a 550m course
- Year 0/1 - one lap of a 550m course

There will also be a team event for our Years 5, 6, 7 and 8 children, where teams of three runners will run two laps each, for a total of six laps. Children who run in team events will not be eligible for Interschool Cross Country selection.

Below are the *approximate* times each year group will be running in:

- 9.10 – Year 7/8 boys and girls individual race
- 9.30 – Year 7/8 boys and girls team race
- 9.50 – Year 5/6 boys and girls team race
- 10.10 – **MORNING TEA**
- 10.40 – Year 6 boys and girls individual race
- 11.05 – Year 5 boys and girls individual race
- 11.45 – **LUNCH BREAK**
- 12.20 – Year 0 boys and girls
- 12.45 – Year 1 boys and girls
- 1.05 - Year 2 boys and girls
- 1.25 – **AFTERNOON TEA**
- 2.00 - Year 3 boys and girls
- 2.20 – Year 4 boys and girls

If you have any queries, please contact your classroom teacher.

Sincerely,

Alice Hill

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