

WAINUI SCHOOL CROSS COUNTRY DAY



On **Friday, the 12th of August**, our annual Wainui School Cross Country Day will be held at school. The cross-country trophy is up for grabs and **Hutson 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, 19th of August**, which will be held at **Muriwai**. The date for the Year 5/6 event is **Thursday, 22 of September** which 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

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 6 boys and girls
- 9.50 – Year 5 boys and girls
- 10.10 – **MORNING TEA**
- 10.40 – Year 3 boys and girls individual race
- 11.05 – Year 4 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**
- Back in class (Block available in case of rain)

If you have any queries, please contact one of the Wainui Sports Coordinators:

hhoward@wainui.school.nz, lcochrane@wainui.school.nz, mrobinson@wainui.school.nz

Sincerely,

Halena Howard, Luke Cochrane & Marion Robinson

Sports Co-ordinators