

WAINUI SCHOOL CROSS COUNTRY DAY



Dear Parents / Caregivers,

On **Friday, the 23rd of August**, our annual Wainui School Cross Country Day will be held at school. The cross-country trophy is up for grabs and **Lamont 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, but in the case that it is postponed a parent email will be sent out by 7:30am / update on the Wainui School Facebook Page too. 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 and 6 categories, who will make up our Interscholar Cross Country Teams. We are also looking for a few parent helpers to assist with the recording of placings across all year levels.

There will be a sausage sizzle and a coffee cart available on the day. We will be raising money for our Winter Sports Prizegiving and new sports gear for Wainui School.

- Gluten free Sausages \$2
- Vegetarian sausages \$2
- Juicies \$2
- Coffee- Flat White, Long Black, Mocha \$4, Hot Chocolate \$4

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 and through the bush
- 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 - seven laps of a 550m course
- Year 6 - six laps of a 550m course
- Year 5 - 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:

- 9.15 – Year 0 boys and girls
- 9.25- Year 1 boys and girls
- 9.35- Year 2 boys and girls
- 9.50 – Year 3 boys and girls
- 10.10 – **MORNING TEA**
- 10.45 – Year 4 boys and girls
- 11.10 – Year 5 boys and girls
- 11.45 – **LUNCH BREAK**
- 12.20 – Year 6 boys and girls
- 12.45 – Year 7 boys and girls
- 12.50 - Year 8 boys and girls
- 1.25 – **AFTERNOON TEA**

If you have any queries, please contact one of the Wainui Sports Coordinators: hhoward@wainui.school.nz, lcochrane@wainui.school.nz

Sincerely, **Halena Howard & Luke Cochrane** (Wainui Sports Coordinators)