

# Hataitai School Cross Country 2019

<b>Date:</b>	Tuesday May 14th 2019 (pp Friday May 17th )
<b>Venue:</b>	Hataitai Park
<b>Course:</b>	1.5km approx, quite hilly (see attached map)
<b>Timetable:</b>	11:15: Short lunch break
	11.45am: Assemble Middle Pitch
	12.15pm: Leave school, walk to park
	12.30pm: Whole group warm up while teachers find their place.
	1:15pm: First race starts
	2:30pm: Walk back to school

We look to inject a festival element to our cross country. This will not detract from the competitive nature of the event, it will simply add colour and school spirit.

Competitors are allowed to DRESS UP for their race in their house coloured t-shirt.

Express yourself and your house! But do so in appropriate footwear! House points will be allocated to the top 15 runners, and to those who dress up.

## Points to note:

- There will be parents as marshals
- There are two main first aid kits one will be at the finish line, the other mid-course near Alexandra Rd (asthmatics need to take their own personal inhalers).  
Some marshals will have the yellow first aid bags.
- A marshal will stand at any section of the course where the direction is unclear (see map).
- Marshals will ensure that the runners stay on course, and return nearby cones to the finish at the conclusion of the races.
- Students watching the runners need to encourage the finishers, stay off the road and out of the bush above the bank where they will be sitting please.
- Students with written permission can be dismissed from the park at 2:30pm when the rest of the students walk back to school. Students leaving directly from the park with their parents must make sure they are signed off the class list by their teacher.
- A postponement decision will be made at 8am if the weather is not suitable. A message will be put out on the school's messaging services
- One of the starters will follow the last runners and collect the marshals.

## What students need to bring:

Water bottle

Jacket (warm weather gear)

Suitable running shoes and clothes suitable for running in (and ones that it doesn't matter if they get muddy)

A waterproof bag to store their clothes

<b>Race times:</b>	1:15pm - Year 7 girls	1:40pm - Year 5 boys
	1:20pm - Year 7 boys	1:45pm - Year 4 girls
	1:25pm - Year 6 girls	1:50pm - Year 4 boys
	1:30pm - Year 6 boys	1:55pm - Year 8 girls
	1:35 pm - Year 5 girls	2:00pm - Year 8 boys

**Postponement:** Cross country is a winter sport so we run even if it is muddy underfoot (unless it is dangerous) we only cancel if it is too wet or cold for the runners who are waiting. We have one postponement date. If we do not have a chance to run the actual cross country on either of those two dates teachers need to have completed a timed/ranked race in the lead up to the Eastern Zone event.

**Eastern Zone:** The top six finishers in each year and gender group e.g. Year 5 girls, will go on to the Eastern Zone event. We will record seven places so as to have a reserve. The top seven runners will be invited on a training run (if time allows).



White: Y4 and 5    White plus blue: Y6,7,8