



## **Alfriston School Cross Country 2022 Tuesday 28th June 2022**

Our annual whole school Cross Country is set for **Tuesday 28th of June** (Week 9, Term 3). The track will be located on school grounds and neighbouring paddocks.

Students in Years 4 to 8 who place in the top ten and have the ability to participate in the next stage event (not all top ten finishers will be selected) will go on to compete at the East Counties Country School zone competition at Te Puru Park, on Wednesday 10 August with the save day on Friday 12 August.

**The distance for all runners will be 3km** for the ECCS event.

### **On cross country day, we ask that all children:**

- Wear suitable running shoes that are appropriate for running in muddy conditions, named on the inside
- Bring a named, full drink bottle of water
- Wear their sports uniform (Years 5 to 8) or wear their house colours (Years 1 to 4)
- Have warm clothing, a rain jacket (in case of rain), and a change of clothes (their school uniform), should they get muddy
- A towel to wipe off before going back into class

Parents are warmly invited to attend and support their children. Should you wish to take your child home after their race, please be sure to inform the classroom teacher before leaving.

In the event of extremely bad weather, a postponement will occur. A decision will be made at 8.00am on the 28th of June. An alert will go out via text message and on our School App.

**Kotahitanga whanau races commence at 10.30am. to 12.00pm.**

The following times are an approximate indication, please arrive at least 15 minutes beforehand to ensure you do not miss the race. We will do our very best to ensure we adhere to published race times.

10.30 - Year 5/6 Girls Non Comp: 1000 metres	10.45 - Year 5/6 Boys Non Comp: 1000 metres
11.00 - Year 5/6 Girls Comp -- 2000 metres	11.15 - Year 5/6 Boys Comp -- 2000 metres
11.30- Year 7/8 Girls Non Comp: 1000 metres	11.45 - Year 7/8 Boys Non Comp: 1000 metres
12.00 - Year 7/8 Girls Comp -- 3000 metres	12.15 - Year 7/8 Boys Comp -- 3000 metres

**Junior and Middle Syndicate races will be from 1.00pm to 2.30pm.**

The following times are approximate, arriving at least 15 minutes beforehand is advised. We will do our very best to ensure we adhere to published race times.

1.00 -- Year 0 & 1 Girls -- 550 metres	1.10 -- Year 0 & 1 Boys -- 550 metres
1.20 -- Year 2 Girls -- 550 metres	1.30 -- Year 2 Boys -- 550 metres
1.40 -- Year 3 Girls -- 1500 metres	1.50 -- Year 3 Boys -- 1500 metres
2.05 -- Year 4 Girls -- 1500 metres	2.20 -- Year 4 Boys -- 1500 metres

**Keeping up fitness levels**

Students have begun training during Term 2, this will continue until the end of the term and we encourage all students where possible to keep fitness levels up during term break.

**Training at school**

Students in Years 5-8 should please wear the correct P.E uniform when training at school. Students in Years 0-4 may bring a change of clothing for training runs if they would like. All students are encouraged to wear running type shoes for training runs.

Ngā mihi nui  
Graeme Parsons  
Whānau Leader, Sports Coordinator