



MERRILANDS SCHOOL CROSS COUNTRY 2018

Wednesday 29th August 2018 @ Merrilands School - 1 pm start.

(Postponement Day is Thursday 30th August)

August 2018

Dear Parents/Caregivers

It is time for Cross Country once again! Students have begun training at school, and many in their own time, for the upcoming day. We are looking forward to seeing all students giving their best on the day with your support.

We would appreciate any parent helpers that are available so please let Mr Shipkov in Room 1 know if you're keen to help by returning the slip below.

Races will start on the field near the swimming pool by the rugby goal posts.

Please note the programme below:

1.00pm – 5 year old boys 1000M *run/walk*

1.05pm – 5 year old girls 1000M *run/walk*

1.15pm – 6 year old boys 1000M *run/walk*

1.20pm – 6 year old girls 1000M *run/walk*

1.30pm – 7 year old boys 1000M *run/walk*

1.35pm – 7 year old girls 1000M *run/walk*

1.45pm – 8 year old boys 1000M *run/walk*

1.50pm – 8 year old girls 1000M *run/walk*

2.00pm – 9 year old boys 2000M *run/walk*

2.05pm – 9 year old girls 2000M *run/walk*

2.15 pm – 10/11 year old boys 2300M *run/walk*

2.20pm – 10/11 year old girls 2300M *run/walk*

(PLEASE NOTE – Times may change due to circumstances beyond organiser's control)

(PLEASE ALSO NOTE – Place getters do not automatically qualify for NP Schools' Cross Country)

All the best, to all of the runners & walkers!

Regards

Alex Shipkov

A FRIENDLY REMINDER.

PLEASE ENSURE THAT YOUR CHILD IS APPROPRIATELY
DRESSED FOR CROSS COUNTRY. **SHORTS AND A T SHIRT**
PLEASE. **RUNNING SHOES/SPORT SHOES** ARE HIGHLY
RECOMMENDED.

EARLY LUNCH at 12.15pm. (12.50 final lunch bell.)



**Note: New Plymouth Cross
Country is on the 11th of
September.**

**Taranaki Cross Country is on
the 26th of September.**

MERRILANDS SCHOOL CROSS COUNTRY - 'I CAN HELP' FORM

Name:

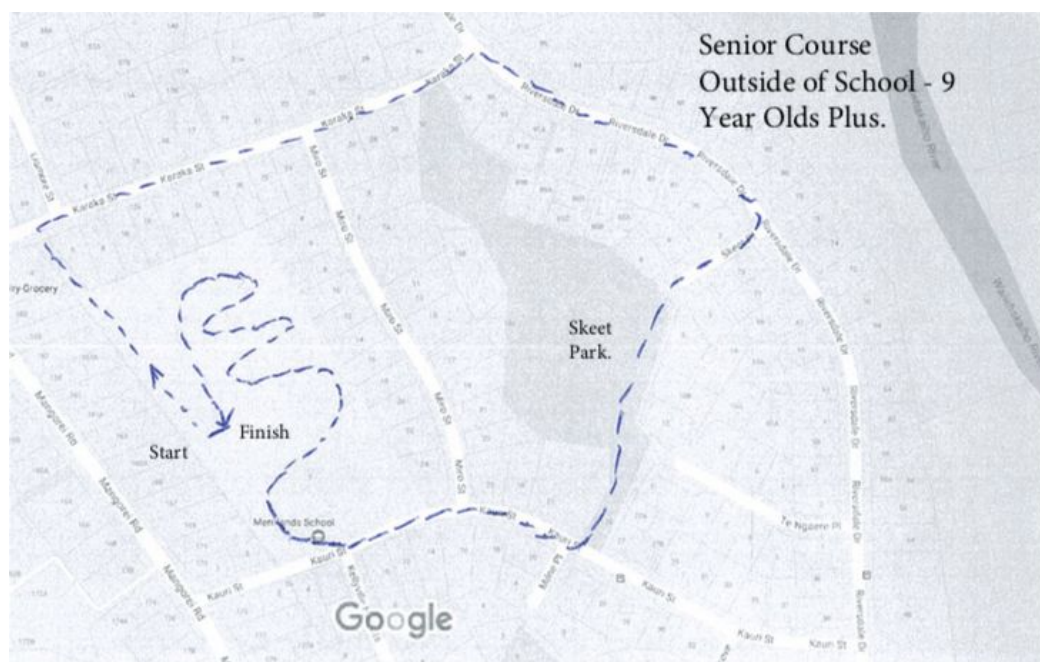
Phone:

Child's Name:

Room:

Please return to Mr Shipkov a.s.a.p.

Cross Country Course



5, 6, 7 and 8 Year Olds - (1000 Metres) From START line, run clockwise around the edge of the field until you get to the long jump/sandpit, head towards the *Deaf Centre* prefab, around the netball/basketball courts, through the teacher carpark, towards the pool, turn right at the Junior Playground, turn right to finish on the ZIG ZAG course, all the way to the FINISH line! Good work.

9 Year Olds – (2000 Metres) From START line, head straight out the **KARAKA STREET** gates, turn right and run down to **RIVERSDALE DRIVE**, (*careful crossing Miro Street*) turn right and run to **SKEET STREET**, turn right and run to end of **SKEET STREET**, run through **SKEET PARK**, to **KAURI STREET**. Sprint up the hill to school, (*careful crossing Miro Street*), through the teacher carpark, towards the pool, turn right at the Junior Playground, turn right to finish on the ZIG Zag course, all the way to the FINISH line! Ka pai.

10 and 11 Year Olds – (2300 Metres) From START line, run clockwise around the edge of the field until you get to the long jump/sandpit, head towards the *Deaf Centre* prefab, around the netball/basketball courts, through the teacher carpark, towards the pool, turn right at the Junior Playground, turn right to go on the ZIG ZAG course, all the way around to **KARAKA STREET** gateway. From the **KARAKA STREET** gates, turn right and run down to **RIVERSDALE DRIVE**, (*careful crossing Miro Street*), turn right and run to **SKEET STREET**, turn right and run to end of **SKEET STREET**, run through **SKEET PARK**, to **KAURI STREET**. Sprint up the hill to school, (*careful crossing Miro Street*), through the teacher carpark, towards the pool, turn right at the Junior Playground, turn right to finish on the ZIG Zag course, all the way to the FINISH line! Superb effort!

HAVE FUN! SET YOURSELF A PERSONAL GOAL & SEE IF YOU CAN BEAT IT!