



## MERRILANDS SCHOOL CROSS COUNTRY 2019

Friday 30th August 2019 @ Merrilands School - 1 pm start.

*(Postponement Day is Friday 6<sup>th</sup> September)*

### 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.

**All races will start on the field near the swimming pool.**

**Students will run in their age as at the 25th of September.**

*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 2400M *run/walk*
- 2.20pm – 10/11 year old girls 2400M *run/walk*

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.

WE EXPECT STUDENTS TO SAY WITH THEIR CLASS AND FINISH THE REGULAR SCHOOL DAY



**Note: New Plymouth Cross Country is on the 10th of September.**

**Taranaki Cross Country is on the 25th of September.**

## **MERRILANDS SCHOOL CROSS COUNTRY - 'I CAN HELP' FORM**

Name:

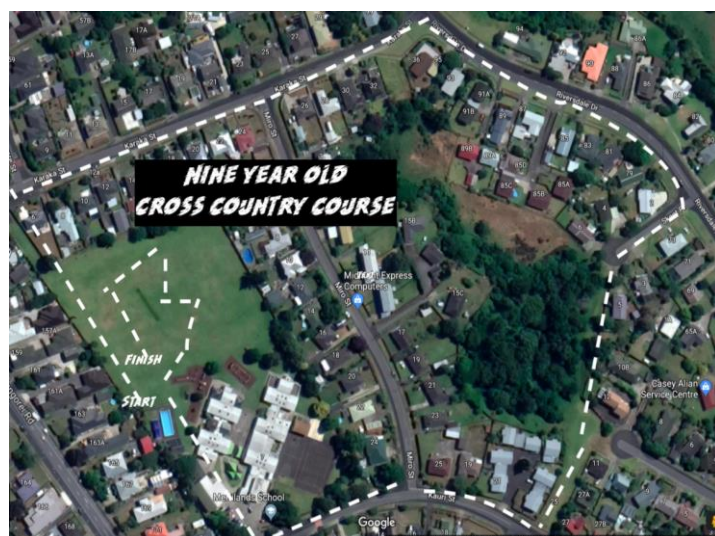
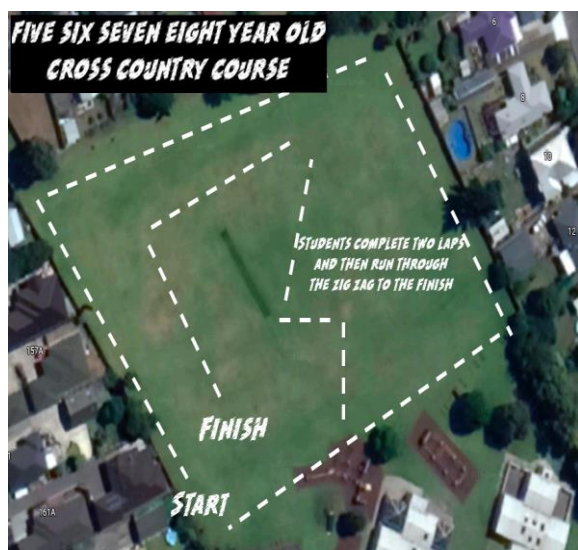
Phone:

Child's Name:

Room:

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

## Cross Country Courses



**5, 6, 7 and 8 Year Olds - (1000 Metres)** From START line run around the outside of the field twice. Then enter the zig zag and head towards the finish line.

**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 **SKREET STREET**, turn right and run to end of **SKREET STREET**, run through **SKREET 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, head through the **ZIG Zag** course, all the way to the **FINISH** line! Ka pai.

**10 and 11 Year Olds – (2400 Metres)** From START line exit the **KARAKA STREET** gates, turn right and run down to **RIVERSDALE DRIVE**, (*careful crossing Miro Street*), turn right and run to **SKREET STREET**, turn right and run to end of **SKREET STREET**, run through **SKREET 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. Complete one lap of the field anti clockwise. Head through 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!**