



Adventure School

Adventure School Cross Country

12 May 2022

Dear Parents and Caregivers,

We are holding the School Cross Country in the fourth week of Term 2 - Friday 27 May. The postponement date is Tuesday 31. We will advise you of any postponements via email.

The students from Year 4 up have the opportunity to represent our school in the Parumoana event later in the term. Kowhai will run their event around the school and the top field and the other 3 syndicates will use the Upper Lake as the main part of their course. We are planning to start and finish each event on the top field. We will do our best to advise any changes prior to the event.

There will be a dedicated area for supporters marked out and we ask that you stick to this area for safety reasons.

The first race will begin at approximately **11:00 am** and all races will be concluded by lunchtime - 1pm. As you will appreciate it is difficult to predict start times, so please use the following race order as a guide:

- All Year 8's
- All Year 7's
- All Year 0/1's (running around top field only)
- All Year 2's
- All Year 6's
- All Year 3's
- All Year 5's
- All Year 4's

Students should wear suitable running shoes and clothing, and bring warm clothes to wear while spectating. A change of footwear is also advisable. House colours are encouraged! If your son or daughter has an asthma inhaler at school, please remind him/her to have it on the course.

From our school event and from previous training runs we will select a team to represent the school at the Parumoana Cross Country. This will be held at Queen Elizabeth Park, Paekakariki, on Tuesday 14 June (pp Thursday 16 June/Thursday 21 June).

The Regional Cross Country for those students who place in the top ten at Parumoana will be held on 5 July. More details about this event will be given to those who are chosen to attend.

Kind regards,

Adventure School PE Team