



14th May 2025

### **Adventure School Cross Country**

Kia ora e te whānau

We are holding the School Cross Country in the fourth week of this term - Friday 23rd May. The postponement date is Tuesday 27th May. We will advise you of any postponements via Hero.

Although we are planning to start and finish each event on the top field, Years 3-8 will use the Upper Lake as the main part of their course. We will do our best to advise any changes prior to the event.

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

The first race will begin just after **10:30 am** and all races will be concluded by lunchtime - 1pm. As you will appreciate, it is difficult to predict exact start times so please use the following race order as a guide:

All Y8s Boys competitive, Girls Competitive, Boys & Girls non-competitive  
All NE/Y1s  
All Y2s  
All Y3s  
All Y4s  
All Y5s Boys competitive, Girls Competitive, Boys & Girls non-competitive  
All Y6s Boys competitive, Girls Competitive, Boys & Girls non-competitive  
All Y7s Boys competitive, Girls Competitive, Boys & Girls non-competitive

As well as our normal 'Competitive' races, this year pupils from Years 5-8 will have the option of running in a shorter 'Non-Competitive' race instead. 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 also encouraged! If your son or daughter has an asthma inhaler at school, please remind him/her to have it with them on the course.

The top 5 in each year group and gender competitive races from Years 4-8 will **most likely** (but not certainly) be chosen to represent the school at the Parumoana Cross Country event. This will be held at Queen Elizabeth Park, Paekakariki, on Tuesday 3rd June (pp Thursday 5th June).

The Regional Cross Country for those students who place in the top ten at Parumoana will be held on Tuesday 24 June (pp Thursday 26 June) at Harcourt Park, Upper Hutt. More details about this event will be given to those who are chosen to attend.

Kind regards,  
**John Kelleher**  
**Adventure School Sports Coordinator**