



OBS Cross Country 2020

Wednesday July 1 2020 (PP Thur 2nd July)

- The Cross Country is run at Ohope Beach School on the Ngati Awa Farm behind the school field. The races start and finish on the field. ALL spectators watch from the field.

- All children will be required to remain in the school seating area throughout the running of the races (unless they are in class with teacher supervision). The children will be seated in their class/age groups.

- Parents are responsible for their preschool children.

- Nobody is allowed past the GATE onto the farm unless they have permission from Mr Meyer - VERY IMPORTANT.

- Spectators must remain behind the ropes. They are not permitted on the course. Parents that interfere with children during their races risk having their child disqualified.

- Postponement (only if it is really wet) will be on 1XX and the School Facebook page (not necessarily the class pages).

- At this stage there is no interschool or EBOP event this year.

- The age group a child races in is determined by their age as of 27 April 2020.

RACE PROGRAMME

NB: These times are approximate depending on the speed of each race.

Morning Tea: 10:00 to 10:30am

10.30	Gather on the grass verge on field in class lines.
10.40	Introduction & Welcome
10.45	10 & 11 year old boys (estimated 2.5km – steep hill country)
11.05	10 & 11 year old girls
11.25	9 year old boys (estimated 2.5km – steep hill country)
11.45	9 year old girls
12.05	8 year old boys (estimated 1.5km – steep hill country)
12.20	8 year old girls
12.35	LUNCH BREAK (PLEASE NOTE APPROXIMATE TIME)
1.20 pm	Meet on Field
1.25	7 year old boys (estimated 1km – steep hill country)
1.35	7 year old girls
1.45	6 year old boys (2 nd shortest run, over stream, slight incline)
1.55	6 year old girls
2.05	5 year old boys (shortest run, over stream, slight incline)
2.10	5 year old girls
2.15	Results & return to classes

Children remember to:

- Do your best!! Try your hardest. **YOU CAN DO IT!**
- Bring water bottles and a healthy, substantial morning tea and lunch.
- You need to remain seated in the seating area when watching the races, and stay with your class/teacher until all the races have finished.
- Suitable clothing (shorts and t-shirt) to run in and warm clothing for before / after your race. *Remember also you may need a change of clothes and footwear for after your race.*
- Dress in House Colours: Red = Aihe, Blue = Tohora, Green = Paea and Yellow = Mango Pare,
- Personal medication (e.g. asthma inhaler)!!!
- **SHOES ARE OPTIONAL.** Feet will get wet and muddy. We recommend running without shoes.
- Non-participants need a doctor's note stating the health reason for their non-participation. Non-participants will be seated with the other children in the allocated area.

The 2020 Cross Country is an opportunity for each child to achieve their personal goals. They learn to overcome challenges, practice the virtue of perseverance and to give new things a go, all important life skills.

The children have trained hard and we look forward to them all completing the course at their own pace.

We encourage you to attend and to show support to all the children. It is a very memorable experience.

Good luck to everyone!

