

SACRED HEART GIRLS' COLLEGE

CROSS COUNTRY 2023



- The Cross Country will be held on **Friday 12th May**, during lunchtime and Period 5.
- Periods 3 and 4 (BOTH slightly shortened) then lunch at **12.45pm**. At the beginning of lunchtime students will need to get changed promptly into running gear. There will be a bell at 1.00pm to end the lunch break where they will head to their classroom (Manaaki Room) to drop off bags along with cell phones then head down to the bottom field for a **1.10pm Briefing**.
- Students must wear house coloured appropriate running clothes. They will **all need to wear sport shoes** - no school sandals or bare feet will be allowed.
- All students will be on the bottom field for the duration of the event cheering, yelling and supporting each other.
- It is important to eat a **LARGE morning tea** (eat lunch at this time) and only a snack at lunchtime before running so they do not run on a full stomach.
- Age groups are as follows (based on NZSS Cross Country age groups):

Year 7 and 8	All Year 7 and 8 students
Year 9	All Year 9 students (Under 15 as at 31 st December 2023)
Junior	Under 16 as at 31 st December 2023
Senior	Under 20 as at 31 st December 2023
- Start times for each race :

Year 7 and 8	1.30pm	Please finish down the correct chute !
Year 9	1.50pm	
Juniors	2:10pm	
Seniors	2.30pm	
- Students are expected to participate unless they have a major injury. A note must be presented to the appropriate Year Level Dean on the day to excuse them from participating. They may then be given a job to do.
- Championship points are award to the first 15 runners in each category. 11,9,7,5,3,3,3,(till 15th)
- Participation points are awarded for all runners completing the course in under 27mins

**PARENTS AND CAREGIVERS ARE MOST WELCOME TO COME
ALONG AND SUPPORT DURING THIS TIME.**