

# CROSS COUNTRY CHAMPIONSHIPS

- DATE:** Wednesday 20 June 2018. Post. Wednesday 27 June
- ENTRIES:** Entries close 5pm 11 June.
- TIME:** 1pm for race briefing.
- VENUE:** Halswell Quarry.
- EVENTS:**
- Individuals in each grade (up to 10 runners per school).
  - Teams in each grade (10 in a team representing a school with first 8 runners to count for team score).

## GRADE INFORMATION:

AWD	1km	1.10pm start time
Year 7 Girls	3km	1:20pm start time
Year 7 Boys	3km	1:35pm start time (Approx)
Year 8 Girls	3km	1:50pm start time (Approx)
Year 8 Boys	3km	2:05pm start time (Approx)

## PROCEDURE ON THE DAY:

1. Each school should provide a Team Manager, Team Recorder and a Course Marshall.
2. Order buses to arrive at Halswell Quarry by 12.50pm.
3. All children should come already changed with a warm over-garment on top. Suggest sensible footwear - road shoes etc. because of different surfaces. No spikes (the fields are too large), and no bare feet.
4. A plastic bag is a good idea for excess clothing.
5. The Course Supervisor from each school must report to the official area no later than 1pm.
6. Schools must provide their own drinks.
7. Each school is to bring their own rubbish bag to clear rubbish before leaving the Park.
8. **Team Managers** are responsible for their own team.
  - Take your children to the marshalling area to warm up.
  - Upon the announcement of each event, take competitors to the start of the race.
  - At the conclusion of each race, ensure your team members return to your school area immediately after cool down.
  - Ensure all team members remain together in their team area. Insist that they stay behind the ropes and the barriers.
  - Ensure all rubbish is collected and put in the school rubbish bag.
9. **School Recorders:** On the day - collect numbers and distribute to each of their participants  
(Note - A reliable pupil could undertake this task.)
10. **Course Marshals** are responsible for the safety of the children during the race. It is essential that an adult undertake this task.
  - Report to organiser by 1pm.
  - Go to your designated area (a course map will be given to them on the day).

## **CANTERBURY AIMS CROSS COUNTRY CONT.**

You may wish to take a non-competitor with you as a runner should an emergency arise i.e. **You cannot leave your post.**

- Stay at your designated area until the last race concludes.
- Take names of those displaying poor sportsmanship, or interfering with course markers, which will mean disqualification for them.

### **11 Disabled Athlete Classifications.**

PD - Physical Disability – Standing - This classification is for athletes with physical impairments, who don't use a wheelchair, that affects their ability to compete against able bodied athletes. Examples include Cerebral Palsy, Spina Bifida, amputee, club foot etc

VI - Vision Impairment - This classification is for athletes who are or qualify to be a member of the Royal New Zealand Foundation of the Blind.

O – Open - This classification is for disabled athletes who do not meet the criteria for the above classifications (unable to gain a provisional physical disability or vision impairment classification from Paralympics New Zealand). Examples include Down Syndrome, development delay etc

## **INTER REGIONAL CROSS COUNTRY REPRESENTATIVE TEAM SELECTION**

**Primary Sports Canterbury selects a team of 80 Year 5-8 children to run in this event. Details are below on team selection.**

The top 20 boys and top 20 girls from the Year 7 & 8 races will race the same distances against the top 20 from the Canterbury AIMS Year 7 and Year 8 races on Wednesday 4 July. Meet 1pm Roto Kohatu Reserve. These races will also be year 7 and year 8 races. 1.15pm Year 7 Girls, 1.30pm Year 7 Boys, 1.45pm Year 8 Girls, 2.00pm Year 8 Boys- all races 3km. *Spikes may be worn at these races as the fields are much smaller.*

### **Inter-Regional Cross Country Event (IRXC 2018) Phil Costley Shield: Canterbury v Tasman v Wellington v South Canterbury**

For 2018 this event will be held in Nelson, on **Thursday 27 September.**

A Primary Sports Canterbury Cross Country team will be selected as follows:

- the top 10 girls and top 10 boys from the **Year 7** event on 4 July
- the top 10 girls and top 10 boys from the **Year 8** event on 4 July
- the top 10 girls and top 10 boys from the **Year 5** event on 20 June.
- the top 10 girls and top 10 boys from the **Year 6** event on 20 June.

There will be a cost involved for transport, accommodation, meals and some optional parts of a uniform, for children to participate in this event.

Parents will need to sign a permission slip for children to be able to participate. Schools will need to agree to allow their pupils to be a part of these teams from 26<sup>th</sup> – 28<sup>th</sup> September.

In order to be part of the Primary Sports Canterbury team, children **MUST** travel and stay with the team and they must attend at least 7 of the 10 training events, before the event on 27 September. Schools with qualifying athletes will be sent a letter of congratulations, which also suggests that the schools may like to contribute to costs these athletes will incur to travel to the IRXC event in Nelson.

