

Avonhead School Cross Country

- 2019 Organisation -



Avonhead School

Growing Excellence Together

Piki ake te tihi ngātahi

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Avonhead School Cross Country Organisation

Wednesday 15 May 2019, 1:30 pm - 3:00 pm
(postponement: Thursday 16 May)

Course

As set out by the map.

Starting Times

- | | |
|------------------------------------|--------------------------------|
| ➤ Year 5 Non-Competitive – 1:30 pm | ➤ Year 5 Competitive – 1:40 pm |
| ➤ Year 6 Non-Competitive – 1:50 pm | ➤ Year 6 Competitive – 2:00 pm |
| ➤ Year 7 Non-Competitive – 2:10 pm | ➤ Year 7 Competitive – 2:20 pm |
| ➤ Year 8 Non-Competitive – 2:30 pm | ➤ Year 8 Competitive – 2:40 pm |

(Please be aware, the times are aspirational, not definite.)

- Warm up of Year 5 Girls to start as soon as students arrive out on Ferrier Park.
- While waiting for their race, and after races, students should remain in the allocated area on Ferrier Park. Teachers in this area really need to manage this group and ensure there is no wandering off.
- Students should have a warm top and a named drink bottle. Asthma sufferers should have their medication with them. (Teachers – please be responsible for making sure all medication is available.)
- All students are expected to participate. Those who have a note from home excusing them should remain in the supervised area at all times
- On completing their race all students will receive a card with their finishing position. They should present this to the recorder before returning to the cool down area, where they should perform cooling down exercises.

House Competition

All students who run earn a House point. The first 10 runners earn bonus points.

1st	20
2nd	18
3rd	16
4th	14
5th	12

6th	10
7th	8
8th	6
9th	4
10th	2

- A school team in each grade consisting of the first six place getters is selected to participate in the North West Zone competition.
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- Please encourage positive participation and support for all.

Staff Responsibilities

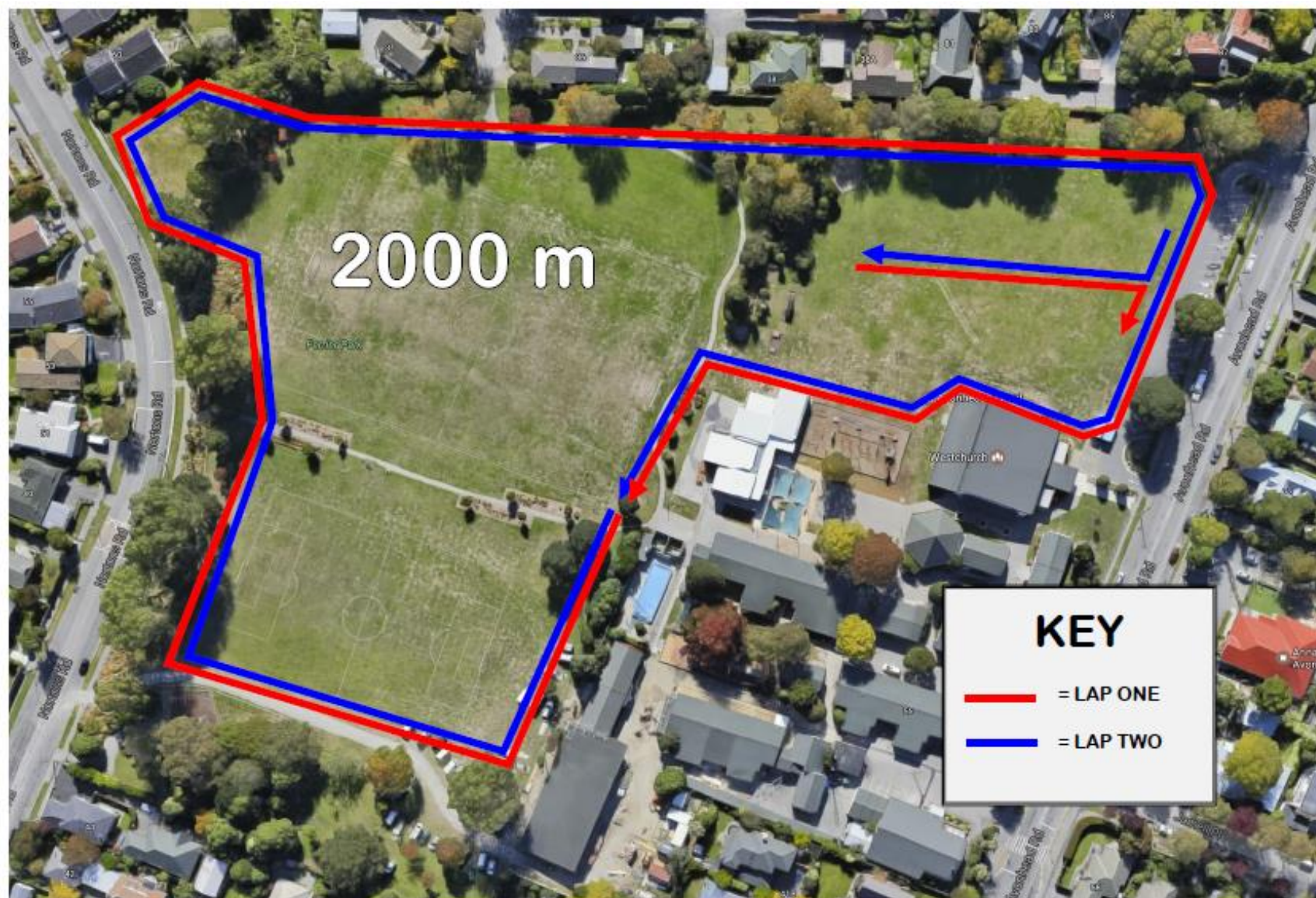
- ☞ **Co-ordinator:** Bruce Rodger
- ☞ **Starter:** Bruce Rodger
- ☞ **Warm Ups:** Tim Weusten
- ☞ **Warm Downs:** Sandie Gamperle
- ☞ **Recorder:** Kirsten Parmenter
- ☞ **First Aid:** Office
- ☞ **Student Supervision:** Karalee Moore, Darelle Busfield, Danielle Lane, Hayley de Beus
- ☞ **Finishing Judge:** Amiria Rule and Nigel Wall
- ☞ **Place Card Distributor:** Vicki Lewis
- ☞ **Marshals:** Amelia Page, Mara Kennedy and Student Teachers.

1500 m

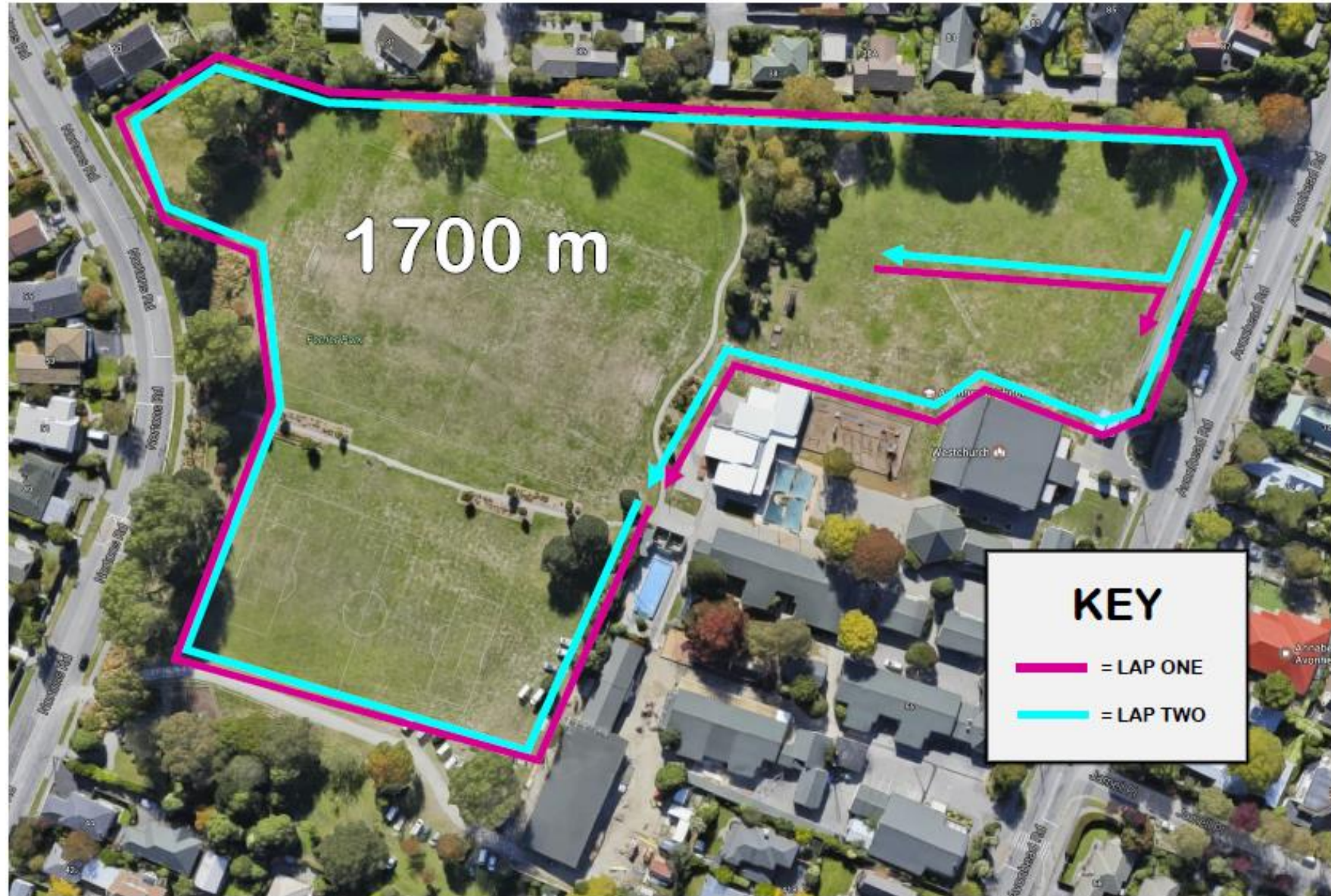
KEY

- Red line = LAP ONE
- Blue line = LAP TWO

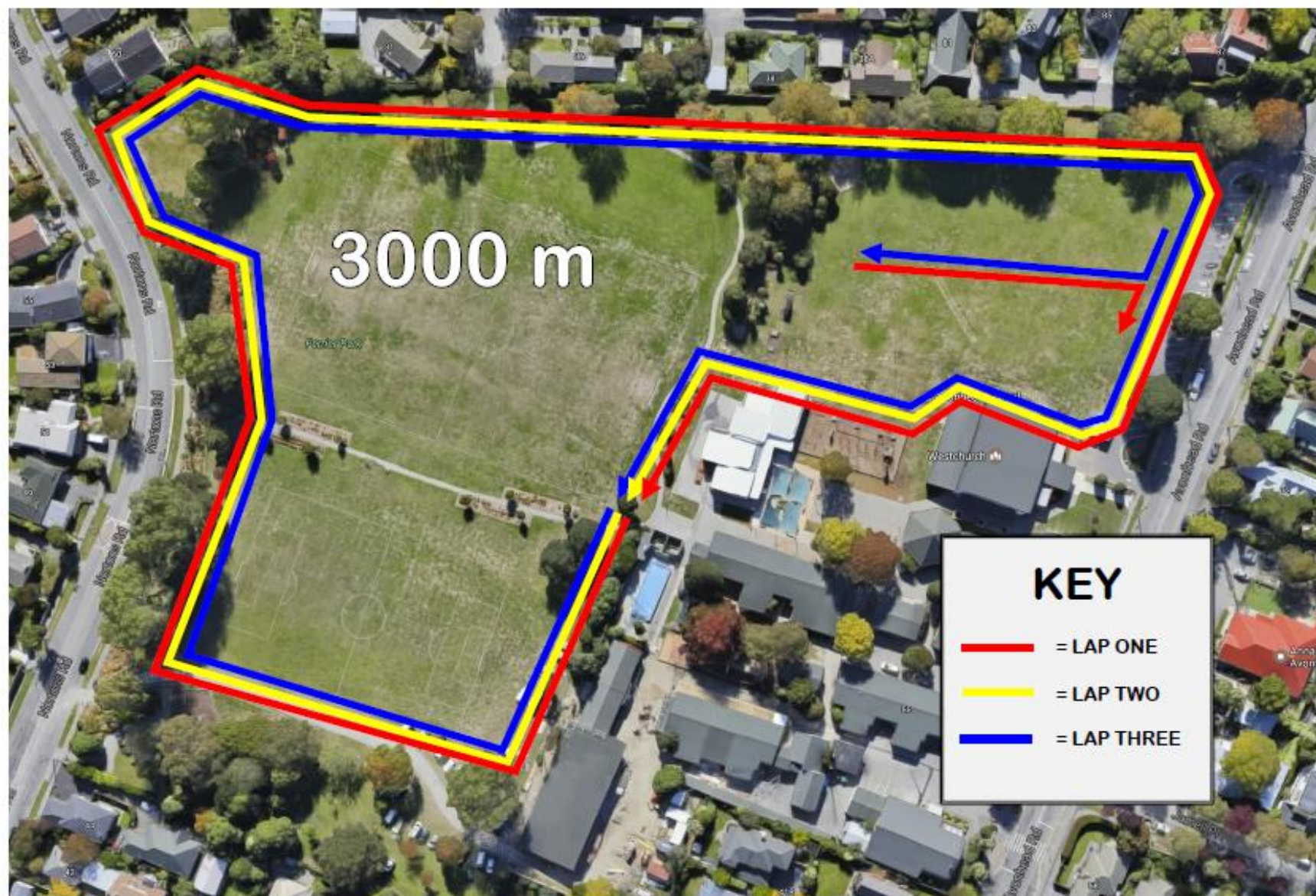
Year 5/6 Competitive



Year 7/8 Non-Competitive



Year 7/8 Competitive



NORTH WEST ZONE CROSS COUNTRY - 2019

DATE OF EVENT: Wednesday 22 May 2019

POSTPONEMENT DATE: Thursday 23 May 2019

VENUE: Jellie Park

ASSEMBLY TIME: 12:00 pm: please be prompt. 12:30 pm – first race begins.

GRADES: organised in current year levels. *(Please be aware, the times are aspirational, not definite.)*

- ☞ Year 8 boys 3 km – 12:30 pm
- ☞ Year 8 girls 3 km – 12:45 pm
- ☞ Year 7 boys 3 km – 1:00 pm
- ☞ Year 7 girls 3 km – 1:15 pm
- ☞ Year 6 boys 2 km – 1:30 pm
- ☞ Year 6 girls 2 km – 1:45 pm
- ☞ Year 5 boys 2 km – 2:00 pm
- ☞ Year 5 girls 2 km – 2:15 pm

GENERAL INFORMATION:

- Each team to consist of six members (first five runner's home count for team score.)
- Year 5 and 6 run twice around the course, Year 7 and 8 run three times around the course.
- Course will be marked at important points by cones. Runners must run around single cones, between double cones.
- Competitors will be awarded points according to the places they gain in the race. First 16 runners must report to the recording table.
- The team awarded the least number of points will be the winning team.
- Winning teams and individual winners will be notified and will be entered into the Primary Sports Canterbury Cross Country on Wednesday 19 June at the Halswell Quarry.
- Please impress on all runners the need to listen to instructions and the importance of showing good levels of sportsmanship.
- Any runners who interfere with other runners will be disqualified.
- There will be **no** pre walk before the race.
- Asthmatics – bring your medication. Children with illnesses should not run!!!

NAME TAGS: Please ensure that each of your team members has a card or label attached to their T-shirt (approximately 100 x 60mm) – indicating NAME, SCHOOL, GRADE.