



Oaklands Te Kura o Ōwaka

Yr 4-8 Run Bike Run (Opt-in event) 2023

ACTIVITY NOTIFICATION — PARENT

OFF-SITE DAY ACTIVITY

We are planning a trip to Westlake Park

This activity is for the Year 4-8 Run Bike Run (opt-in)

Thursday 17 August - for students who wish to participate - individual entries

We plan to visit on only

We will leave school approx 12:15pm

We will be returning at 3pm

During the activity/trip, we will hold the Year 4-8 Opt-in Run Bike Run

You are receiving this information form as your child is keen to participate in the above event.

This is an 'opt-in' event for year 4-8 students keen to participate. Your permission for your child to participate is covered by your signing of the 'blanket consent'. We will walk to and from Westlake Park using our usual route. Students compete in year levels.

Canterbury Primary Schools Duathlon selection

These races are also our selection events for our school squad for the Year 5-8 Canterbury Primary Schools Duathlon to be held Monday, 4th September at Ruapuna Raceway. We will require assistance from parents to transport children and bikes for this event.

We are able to take 6 boys and 6 girls per year level to this event: A total of 48 students.

Each child will need to bring

Suitable sportswear and suitable footwear for running warm top water bottle

Any medication (especially inhalers) sunscreen and hat if desired

NOTE: Students will eat their lunch prior to departing but may take a snack and drink with them.

Grant Forman / Danny Hillary

Parent Helpers

We would be very keen to have some parents walk down and back with students. Should you be able to, could you please email Grant @ grant.forman@oaklands.school.nz If you are also keen to help out at the park, please also let us know. Everyone is most welcome to join us at Westlake to cheer on our athletes.

Grant Forman grant.forman@oaklands.school.nz Danny Hillary danny.hillary@oaklands.school.nz

Yr 4-8 Run / Bike / Run

Order of events and event schedule

approximate times

12:00pm	Students meet in hall, eat lunch, receive instructions from teachers
12:15pm	Students meet out on field with bike etc and depart
12:20pm	Depart - walk to Westlake Park
12:30pm	Arrive at Westlake Park
12: 35pm	Get set up in athlete's zone, put bikes into transition
12: 45pm	Opening, course explanation and race briefing
1pm	Races begin: Year 4, 5, 6, 7 and 8.
2:20pm	Depending on time - prize giving for placegetters
2:40pm	Walk back to school
2:55pm	Arrive at school