

Outram School Cross Country 2023

Date: Friday 4th August (pp: Monday 7th August)

Venue: West Taieri Rugby Grounds

Requirements:

- Students will be representing their school house at the cross country. We encourage students to run in their school house colours.
- Footwear suitable for running in wet and muddy conditions (no rugby boots)
- A change of footwear for after their race
- Warm clothing for before and after their race
- Drink bottle
- Any required personal medication e.g. inhalers

Lunch: Lunch will be at school from 12:00 pm to 12:45 pm

Parking: There should be plenty of parking at the rugby grounds. Use Formby St if the car park gets full.

Spectator Area: We ask all spectators to stay off the rugby grounds and watch the races from the hard surface area at the end of the car park. The start, finish line will be directly in front of you and you will have a good view of each race's start and finish.

Children will be sitting with their house group along the railing fence, off the grass.

The Courses: The course is designed so most of the track is dry. For Year 1 to Year 6, most of the course is grass with some compacted gravel pavement. Year 7 and 8 will also have some hard pavement and road running. The courses are for the most part flat. Links to the course maps are in the newsletter.

Programme: (Times are approximate)

1:00pm - Leave Outram School and walk to clubrooms.

1:05pm - Assemble and course briefing

Y1 boys	1:10	Y1 girls	1:15
Y2 boys	1:20	Y2 girls	1:25
Y3 boys	1:30	Y3 girls	1:35
Yr 4 boys	1.40	Yr 4 girls	1.45
Yr 5 boys	1:50	Yr 5 girls	1:55
Yr 6 boys	2:00	Yr 6 girls	2:05
Yr 7 / 8 girls	2:10		
Yr 7 / 8 boys	2:20		

Helpers

Year 7 & 8 students who are unable to run will be used as marshalls and guides to lead younger age groups around the cross country course. Could they please bring their bikes to school on the day and take them to the rugby grounds when we walk down as a school.

Qualifying for South Taieri Schools Cross Country Event

The first 6 students from each year group (boys/girls) will compete at the South Taieri Schools cross country held at West Taieri Rugby Grounds on Friday 11th August (pp: 18th August).

We encourage students to stay for the full event and support other runners and their house. If you wish to take your child home from the grounds, please notify your child's teacher.