



# **Alfriston School**

## **Cross Country 2020**

### **Thursday 30th July 2020**

Our annual whole school Cross Country is set for **Thursday 30th of July** (Week 2, Term 3)  
The track will be located on school grounds and neighbouring paddocks.

Students in Years 4 to 8 who place in the top ten who have the skill level and capabilities required for the next round (not all top ten finishers will be selected) will go on to compete at the East Counties Country School zone competition on Thursday the 6th of August.

On cross country day, we ask that children:

- Wear suitable running shoes (shoes that are appropriate for running in muddy conditions, named on the inside)
- Bring a named, full drink bottle of water
- Wear their sports uniform (Years 5 to 8) or wear their house colours (Years 1 to 4)
- Have warm clothing, a rain jacket (in case of rain), and a change of clothes (their school uniform), should they get muddy
- A towel

Parents are warmly invited to attend and support their children. Should you wish to take students home after their race, please be sure to inform the classroom teacher before leaving.

In the event of extremely bad weather, a postponement will occur. A decision will be made at 8.00am on the 30th of July. An alert will go out via text message and on our School App. The save date is Friday the 31st of July.

We invite interested parents to please contact Mrs Samantha Welch via email if you would like help with track marshalling: [swelch@alfriston.school.nz](mailto:swelch@alfriston.school.nz)

**Senior and Intermediate Syndicate races commence at 10.30am. to 12.00pm.**

The following times are an approximate indication, please arrive at least 15 minutes beforehand to ensure you do not miss the race. We will do our very best to ensure we adhere to published race times.

10.30 -- Year 5 Girls -- 2000 metres	10.45 -- Year 5 Boys -- 2000 metres
11.00 -- Year 6 Girls -- 2000 metres	11.15 -- Year 6 Boys -- 2000 metres
11.30 -- Year 7 Girls -- 3000 metres	11.45 -- Year 7 Boys -- 3000 metres
12.00 -- Year 8 Girls -- 3000 metres	12.15 -- Year 8 Boys -- 3000 metres

**Junior and Middle Syndicate races will be from 1.00pm to 2.30pm.**

The following times are approximate, arriving at least 15 minutes beforehand is advised. We will do our very best to ensure we adhere to published race times.

1.00 -- Year 0 & 1 Girls -- 550 metres	1.10 -- Year 0 & 1 Boys -- 550 metres
1.20 -- Year 2 Girls -- 550 metres	1.30 -- Year 2 Boys -- 550 metres
1.40 -- Year 3 Girls -- 1500 metres	1.50 -- Year 3 Boys -- 1500 metres
2.05 -- Year 4 Girls -- 1500 metres	2.20 -- Year 4 Boys -- 1500 metres

**Keeping up fitness levels**

Students have begun training during Term 2, this will continue until the end of the term and we encourage all students where possible to keep fitness levels up during term break.

**Training at school**

Students in Years 5-8 should please wear the correct P.E uniform when training at school. Students in Years 0-4 may bring a change of clothing for training runs if they would like. All students are encouraged to wear running type shoes for training runs.

Samantha Welch  
EOTC and Sports Coordinator  
[swelch@alfriston.school.nz](mailto:swelch@alfriston.school.nz)