

Catholic Schools Cross Country, 2019

The Catholic Schools Cross Country event will be held at Monte Cecilia Park on **Thursday 19th September** with a **save date of Friday 20th September**. You will need to arrive at the park by 9:30am for a briefing and walk through. The first race will start at 10.20am.



We will assemble on the northern side of Pah Homestead. Please look for your school name and assemble in that area.

The schedule for the day will be as follows:

9:00am	Arrive and set up your area
9.30am	Briefing & walk through
10 am	Prayer and welcome
10.10am	Marshalls proceed to their posts
10:20am	Year 3 Girls – 2 Laps (*1.4km)
10:40am	Year 3 Boys – 2 Laps (*1.4km)
11:00am	Year 4 Girls – 2 Laps (*1.4km)
11:20am	Year 4 Boys – 2 Laps (*1.4km)
11:40am	Year 5 Girls – 3 Laps (*2.2km)
12:10pm	Year 5 Boys – 3 Laps (*2.2km)
12:40pm	Year 6 Girls – 3 Laps (*2.2km)
1.10pm	Year 6 Boys – 3 Laps (*2.2km)
1:45pm	Prize giving
2.15pm	Pack up and head back to school

*Please note distances are approximate.



The participants must be from **Years 3-6** and you may bring a **maximum of five participants from each year level for both boys and girls**. Your team will need to have a **minimum of three runners in any given category** in order to **participate in the team competition**.

It is asked that all schools provide **2 Marshalls** that are **additional** to those looking after the group. They will be required to stand around the course to direct runners. The people looking after your group of children will need to arrange for “toilet buses” as we will have access to public toilets down the drive. (and we have Porta loos this year!)

You will find two **maps attached**. The first is the course to be run. The second map shows the parking and assembly areas. Please note that there is some parking available at the main Monte Park entrance on Hillsborough road. If the car park is full, parking may be best on Budock Road or Herd Road as you can walk up through the park to the meeting point beside Pah Homestead.

All schools will have a designated area marked by a sign and should bring a tarpaulin or mats to put children's gear on. Please feel free to bring a gazebo/ tent if you have one. Because the winds are often strong in the park it would be a good idea to make sure these are well secured!

Students can choose to **run in running shoes or bare feet** (bearing in mind this is a public park and we **cannot** guarantee what items could be found along the track).

When the students cross the line, they will have a placing number written on their hand. **Your school's liaison person will need to record the placing of your students on the recording sheets provided on the day.** Once this is completed it must be handed in to the recording table as each race is finishes. This will determine the year level, team placing's and overall school placing. This will be done by adding together the places of the first three runners of each school in each year level. The lowest combined score will win the team event for the year level. We will then add all of the year level scores to determine the overall school winners.

Races will not start before the time set on the schedule but may start slightly later if needed. We will endeavor to keep as close as possible to the times so parents and whanau that wish to attend for their child's race can do so.

There will be a **first aid kit at the recording table** but it would be a good idea for each school to bring their own kit for any minor injuries.

Food will be available from **12.00pm** on the day for students to purchase. We will ensure those running in the later races still have an opportunity to buy food after their race. There will also be hot beverages for sale (coffee for adults). Please see the Menu below.

For the parents, the Pah café is located in the Wallace Arts Centre where you can buy food and coffee after 10am if you would prefer to.

Each school is responsible for taking away their own rubbish. Please remind your children to look after our taonga, Monte Park.

If the weather forces us to cancel on Tuesday, your school will be notified by phone by 8:15am.

If you have any further queries, feel free to contact our office – 625 5018 or email principal@montececilia.school.nz

God bless,
Michele Mill
Principal
Monte Cecilia Catholic School

Monte's Cross Country Food Stall	
Sausage Sizzle	\$2.00
Water	\$1.50
Fruit	\$1.00
Baking	\$2 – \$2.50

The course has many trees which are classed as 'heritage sites', we need to be careful around these. No tree climbing is permitted in any of the trees on the day – **please inform your communities.**

See the below key for the correct course. This will be marked out on the day.



- F** = Finish
- S** = Start
- T** = Toilets
- P** = Public
Parking
- X** = Assembly
point

