



Heriot School

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WEST OTAGO CROSS COUNTRY 2018

The 2018 West Otago Cross Country is to be held on **Thursday 31 May**, with the first race starting at **1.15pm**. Parents are responsible for transporting their children to and from the event. If you can help out with transport or marshalling please indicate so on the Permission Slip below and we will be in touch.

Alistair and Julia Body have once again allowed us to use part of their farm as this year's course. Their address is 473 Beatties Rd. From Tapanui, if you head out on Station Rd towards Seddon Hill, across the Pomahaka Bridge, Beatties Road is on your left. Follow this gravel road and you will come across their place. Following the final race, there will be a prize giving, unless the weather is wet in which case the certificates will be given to each school to present at a later date.

Ages are as at 31 December 2018. The distances will be as per the following:

Approximately 0.75km	5 & 6 year olds
Approximately 1.4 km	7,8 & 9 year olds
Approximately 2 km	10 & 11 year olds

The order of events will be:

9 year boys & girls	8 year boys & girls
7 year boys & girls	10 year boys & girls
5 year boys & girls	11 year boys & girls
6 year boys & girls	

The postponement date will be the following day. It is unlikely that the event will be postponed due to the weather. The first 6 children finished in each of the 10 and 11 year age groups will qualify for Eastern, to be held at Waimumu on 14 June. However, due to the tough nature of this event, if a child is walking/struggling around the course they will not go on to Eastern despite their placing.

There will be a toilet available at the course but we will be encouraging all children to use the toilets before they leave school to minimise the need to use the facilities there. Shona Rogers will be there with her coffee cart 'Espresso 2 Go'.

Please make sure all children have a water bottle on the day. All children are to wear their sports uniforms. They will also need something warm to wear before and after the event and if the weather is wet.

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WEST OTAGO CROSS COUNTRY – THURSDAY 31 MAY 2018

Alistair & Julia Body's Farm, 473 Beattie's Road, in Tapanui

- I have a current full driver's licence
- My vehicle has a current Registration and Warrant of Fitness
- I have seatbelts for _____ children
- I am able to assist with marshalling on the course

Signed: _____ Phone: _____