



44 Curran Street, Herne Bay
Auckland, 1011 New Zealand
[t] (09) 376 3568
[f] 09 376 2931
[w] www.ponsprim.school.nz
Mr SANJAY RAMA principal

Years 4, 5 & 6 Cross Country 2020

Cox's Bay Reserve

Friday 31st July 2020

Friday 19th June 2020

Dear Parents,

This year we will be holding the year 4, 5 & 6 cross country at Cox's Bay Reserve on Friday the 31st of July. This is due to council work being completed at our usual Grey Lynn park venue. A map of the new course is on the back of this letter and can also be found on the front page of the school website. The saver date for this event will be Wednesday 5th of August.

We will run a non-competitive year 4 - 6 event on the same day as the competitive event if needed. The non-competitive course will not be as vigorous as the competitive race and will be 1 loop of the park. Our preference is that all children take part in the competitive race as this will give them a chance to push themselves. The annual Inner city event was due to take place during our time when children were learning from home, there is a possibility that this will be run in term 3 but that will be discussed by the Inner City Sports committee. More information will go to children and parents if this is to take place, only those children running in the competitive event will be selected for a possible Inner City Cross Country team.

If you would like your child to take part in the non-competitive event please notify Arran Connor at aconnor@ponsprim.school.nz.

The children will walk through the course when they arrive at approximately 9.30am and we will begin the events shortly after.

Order of events:

- Year 4 girls then Year 4 boys
- Non-competitive race (if needed)
- 9 year old girls then 9 year old boys
- 10+ year girls then 10+ year boys

All children have been practising during school hours on our school course to build their stamina as part of their fitness programme.

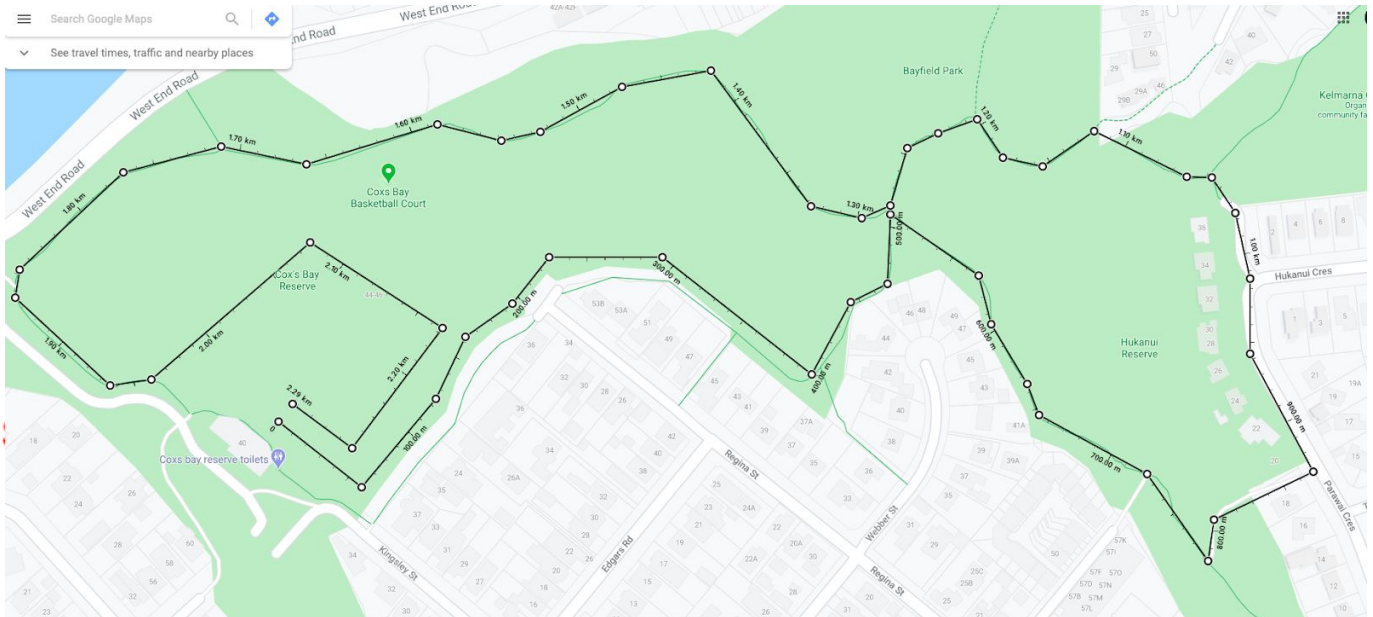
It would be beneficial for the children if you could take them down to Cox's Bay Reserve to practice the course in their free time prior to the event.

We require parent help for marshalling around the course on this day. If you are able to help please email Mr Connor at aconnor@ponsprim.school.nz

Thank you,

Arran Connor

Year 5 & 6 Track - 2.3km



Year 4 Track - 1.5km

