

AORAKI SECONDARY SCHOOLS' ATHLETICS ASSOCIATION

Secretary:
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To the Teacher-in-charge of Cross Country

AORAKI SECONDARY SCHOOLS' CROSS COUNTRY

The annual inter-school races for the Aoraki Secondary Schools will be held in ASHBURTON on Wednesday June 2nd.

Please note the following points:

1. The Cross Country will be held on the Ashburton Harrier Club course in the Tinwald Domain and adjacent grounds. The course is 2km in length. Junior and Intermediate Boys, and Junior and Senior Girls will each complete 2 laps, while the Senior Boys will run 3 laps. The Canterbury Cross Country Championships were held on the course two years ago.

2. Directions to Course and Parking

As you approach Tinwald from the south (State Highway One), turn left over the railway line opposite the Tinwald Sale Yards and CLASS Harvest Centre Canterbury, and then on to Maronan Road. The signpost on the State Highway One reads – 'Tinwald Domain, Swimming Pool'.

Parking is approximately 400m on the right (on Maronan Road), past the entrance to The Plains and the Tinwald Domain. Look for the parking warden on Maronan Road wearing a white coat. Any over flow parking will be in the adjacent Tinwald Rugby Club grounds (see map on last page).

3. The course is suitable for spikes. There is a sealed driveway which must be crossed twice (3 times for senior boys). However, that is the only sealed surfaced on the course. We hope to cover this with old carpet.

4. Competitors should arrive changed. Toilets will be available in the Tinwald Domain. Competitors are requested **not** to use the toilets in the camping ground.

5. The first race (Junior Boys) will start at 2pm, with marshalling at 1:55pm. (We will not wait for late arrivals.)

Race times -	Junior Boys	2pm	
	Junior Girls	2:10pm	
	Intermediate Boys	2:20pm	(Marshalling – 5 minutes
	Senior Girls	2:30pm	prior to start time)
	Senior Boys	2:40pm	

6. Distances are 6 km for senior boys
 4 km for senior & junior girls, intermediate & junior boys

7. Following the races, team results will be announced in the Tinwald Family Sport and Recreation Clubrooms. The clubrooms are at the start of Maronan Road (400m walk back up the road). Please keep to the footpath as it is a busy road. There is parking for buses at the rear of the clubrooms.

8. Each school is to provide at least one adult to act as an official.

Schools should also have a team manager to fill in the results cards for their team. (This may be a teacher, a parent or a literate non-competing senior student.)

NOTE: It is NOT desirable that the team manager also acts as an official.

9. A map will be forwarded to all schools at least one week prior to the cross country.

10. The race rules, as approved by the Association are:

(a) The boys' races will be run in 3 grades –

SENIOR	16 years & over on 1.4.10
INTERMEDIATE	15 to 16 years on 1.4.10
JUNIOR	Under 15 years on 1.4.10

(b) The girls' races will be run in 2 grades –

SENIOR	15 years & over on 1.4.10
JUNIOR	Under 15 years on 1.4.10

(c) Teams will comprise 4 runners. The first FOUR runners to finish count for team points.

(d) Schools may enter a maximum of 12 runners in each grade.

(e) Individual runners will be accepted in any race where a school cannot field a team.

(f) The Association certificates will be awarded to the first six runners, and to members of the first three teams, in each race.

(g) Any postponement will be advised by telephone on the morning of the races.

**PLEASE FILL IN THE ACCOMPANYING FORM AND RETURN IT BY FAX OR
EMAIL TO REACH THE SECRETARY, NO LATER THAN 3PM ON
WEDNESDAY MAY 26TH**

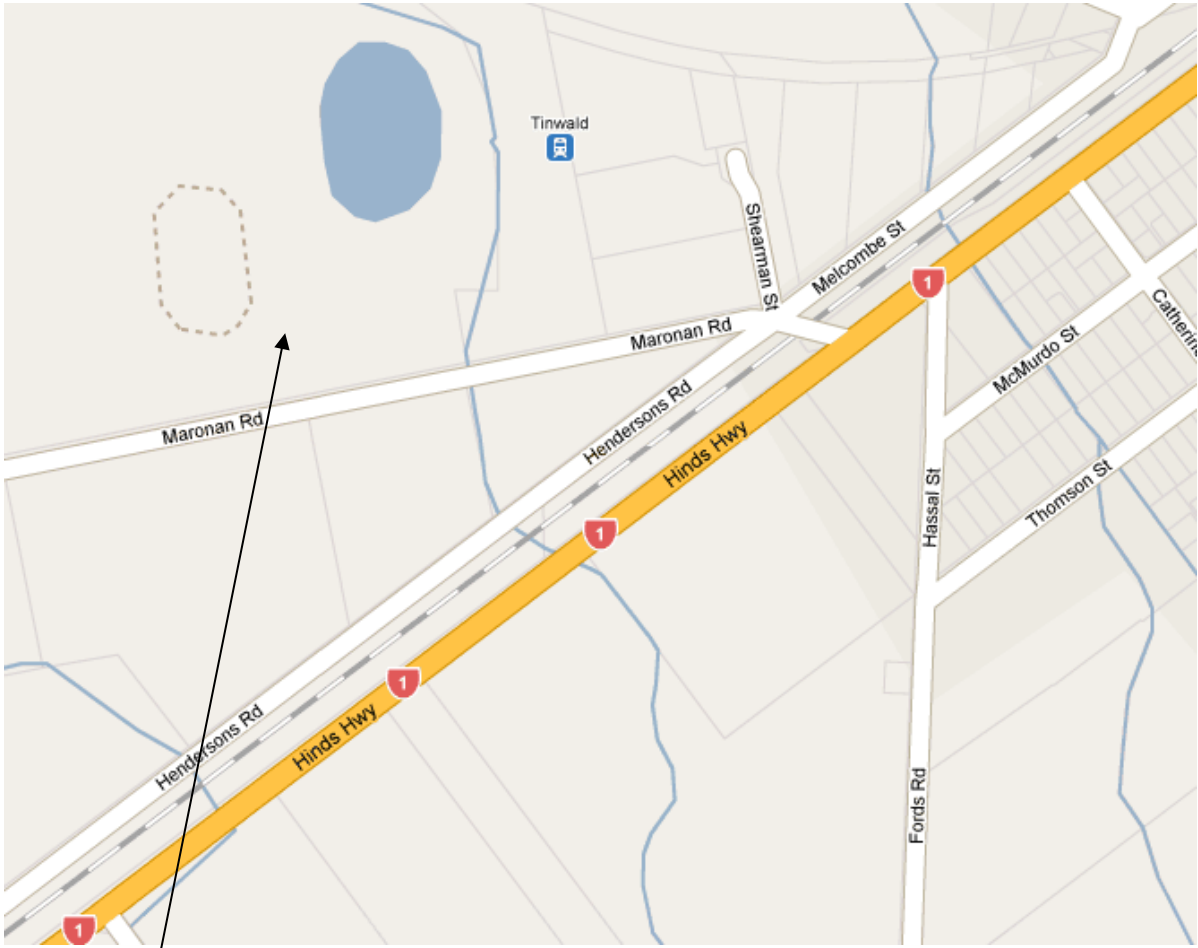
This information is required for catering purposes, and also for the preparation of the programme and results cards. Please be as accurate as possible with your entry numbers – in some years some schools' numbers of actual competitors were nowhere near the numbers that they had entered. If you have no intention of remaining for the afternoon tea please indicate this in the appropriate place on the form.

Please contact the secretary (school phone 03 693 0017, ext 7213 / Fax 03 693 0020 / music@geraldinehs.school.nz or home phone 03 693 8223 / lindroos@xtra.co.nz) if you have any questions or problems.

Yours sincerely

Shirley Lindroos
Secretary
ASSAA

Map on next page



Start of course and bus parking