



# Tokomaru School Cross Country 2023!!!

Cross Country is quickly approaching and we need your help. Unfortunately, our school cross country is run on private land - meaning you won't be able to follow the track or see your tamariki running on the track. However, we do still need parent volunteers to be marshals around the track (this will be the only way you can see the children running on the track). Please let us know if you are able to help out.

## A few reminders for students running:

- You must race in suitable running shoes (as it is on farm land and uneven surfaces).
- Bring a named water bottle for the day (these will be taken out to the field and all items that belong to you will be kept in your bag when they are not in use).

## Timing of event:

Students will meet on the field at 1.45pm for a Jump Jam warm up with the first event starting from 2.00pm in this order:

Year 3 & 2 & 1 Boys	1 lap (Y1-3 course) Year 3 boys to run first
Year 3 & 2 & 1 Girls	1 lap
Year 6, 5 & 4 Boys	1 lap (Y4-8 course)
Year 6, 5 & 4 Girls	1 lap
Year 7 & 8 Boys and Girls	1 lap

## Map of track:

- Blue - everyone
- Pink Y1-3 shortened track
- Yellow Y4-8 extended track
- Stars are markers for adult marshals (red at start and finishing points)

A special thanks to Damian and Roxanne at Tokomaru Steam for letting us use their land.

Hope to see you there,

**Shayla T & Simone G - Sports Coordinators**

