

General Information

Parking :

Parking is available in last gateway, on the gravel, as you drive east towards Whangarei – or the first gateway if coming from Whangarei.

Toilets

Facilities for everyone are located in the grounds. Please monitor your student's behaviour around the facilities.

Refreshments

Some refreshments will be for sale continuously from a site in the cover of the buildings.

Please bring your own water in drink bottles.

Helpers

Each participating school is to provide 1 helper for marshalling, course supervision etc, and adults for pupil supervision.

Safety and Behaviour.

Each school is required to complete their own RAM form.

All injuries are to be reported to the person in charge of each school. The Dargaville Racing Club takes no responsibility for any injury incurred while on their property.

Officials will disqualify and ask any participants or spectators to leave if they are acting offensively, dangerously, in an unsporting manner or causing damage to property. No discussion will be entered into.

Northland **Cross Country**



Friday 22nd September 2017
(No Postponement)

Venue

Dargaville Racing Club



Programme

10.00am	Course open for inspection
10.30am	Course closed
10.45am	All competitors are to assemble on the field in designated age area. The races will have staggered starts. Times are approximate.
11.00am	12 year & over boys
11.10am	12 year & over girls
11.30am	11 yr boys
11.40am	11 yr girls
12.00pm	10 yr boys
12.10am	10 yr girls
12.30pm	9 yr boys
12.40pm	9 yr girls
1:00pm	8 yr boys
1.10pm	8 yr girls
1:30pm	course clear /assemble for home

Age as at

The 1st Jan 2017

Entries

Please inform by email, Dargaville Primary School (alanr@dargavilleprimary.school.nz) by Monday 18th September of the approximate numbers attending from each school. Please include the names of the teachers / helpers coming with your group.

Names

Each contestant must be clearly marked with name, school, and age. (Vivid on their hands works.)

The Course

The course is really cool. Hope you like jumps!
Most areas of the course will be marked with fence tape.

First Aid

Please ensure asthmatics have the ability to run with a pump and that each school brings their own first aid equipment. There is an on course first aid station at the 'officials' tent.

Events

Each race will be contested as individuals from their school or region

Clothing

A warm change of clothing is advisable. **Footwear is absolutely necessary!** There are lots of hazards, including regenerating blackberry close to the course and limestone. Boat shoes would be sufficient for your barefoot runners.

Supervision

Each school is responsible for the supervision of their children at all times. Each school is to have each age group assembled in the pre-race area prior to the commencement of their race. Children are not to wander the racing club grounds without adult supervision.