



## KIDS CROSS COUNTRY WINTER SERIES 2018

We are excited to be offering the 4<sup>th</sup> year of the Kids Cross Country series in conjunction with our local clubs. Come along and have some fun!!

- ❖ Event 1                               **27<sup>th</sup> May - Hill City-University Clubrooms, Logan Park**
  - Hosted by Hill City-University Athletic Club
  
- ❖ Event 2                               **17<sup>th</sup> June - Corstorphine park, Corstorphine**
  - Hosted by Caversham Harrier & Athletic Club
  
- ❖ Event 3                               **1<sup>st</sup> July - Chingford Park, North East Valley**
  - Hosted by Leith Harrier & Athletic Club
  
- ❖ Event 4                               **5<sup>th</sup> August - Memorial Park, Mosgiel**
  - Hosted by Athletics Taieri
  
- ❖ Event 5                               **26<sup>th</sup> August - Rotary Park, Waverley**
  - Hosted by Ariki Athletic & Harrier Club

### Age Groups

Year 0 to Year 8

### Time & Distance

Each event will follow the same programme

- 9.30 am                               On day registrations & race numbers available to collect
- 9.45am                               Course open for a walk around
- 10.00am                              Warm up & guided walk around the course
- 10.15am                              Years 0, 1 & 2 Boys & Girls Race (approx. 800m) Parents/Caregivers welcome to run as well.
  
- 10.35am                              Years 3 & 4 Boys & Girls Race (approx. 1 - 1.5 kms)
- 11.00am                              Years 5 & 6 Boys & Girls Race (approx. 2 - 2.5 kms)
- Years 7 & 8 Boys & Girls Race (approx. 2.5 - 3 kms)

**Please note:** *Times can change on the day with races able to run up to 30 minutes earlier than advertised (only in adverse weather conditions). Events will not be cancelled unless very adverse weather conditions occur. The event cancellation will be posted on the website & broadcast on Radio Dunedin.*

**How to Enter** - On line at Athletics Otago website: [www.athleticsotago.co.nz](http://www.athleticsotago.co.nz) by clicking on 'Events' and then 'Kids Cross Country Series'. Enter one event, or all five! It's a fun way to keep fit over the winter months. **The cost is \$7.50 per child/per event or \$30 per child if entering all 5 events at the same time. You can also enter on the day.**

**What to Wear** - No specialised gear is required, run in whatever you feel comfortable in, but remember it might get a bit **MUDDY!** – for most of the events its is recommended the children wear footwear. It's also a good idea to bring something warm to put on after the race.

**Queries** - email: [athleticsotago@xtra.co.nz](mailto:athleticsotago@xtra.co.nz)