



Nelson Schools Cross Country League 2019

Following is the information about the Nelson Schools Cross Country League that is held each year. Children should wear the Henley sports uniform. The entry fee is a gold coin donation per family per race. If you have any questions, please contact myself on 544 8904 or pop into the school office.

Jan Lynch

Sports Co-ordinator

Saturday 4th May – Rabbit Island (western end), 3pm race start

Saturday 11th May – Branford Park, 3pm start

Saturday 18th May – Rabbit Island (western end), 3pm start

Saturday 25th May – Tahunanui Beach (next to Roller Skating rink), 3 pm start

There is no lower age limit as long as the children are able to complete the course.

Grades: Primary Years 1 – 3: Boys race and girls race - 1km
 Primary Years 4 – 6: Boys race and girls race – 2km
 Intermediate: Boys race and girls race – 2.5km
 College: Boys race and girls race – 3km

Children will be awarded points for their place in their age division. The first runner in each age division will get 1 point, the second 2 points and so on. Boys and girls have separate point systems. The top five scores across all age divisions count for the school total and so the winning school has the least number of points.

Trophies will be awarded to the top school in each grade at the end of the four races.

Registration

Children can just turn up and sign-in from 2pm on the day, but **pre-registration via email** is encouraged:

Pre-registration is to nelsoncrosscountry@gmail.com

Details needed: Name, School, and School year (not age).

A race number will be sent by return email.

This number must be written on the back of the left hand with marker pen so it is visible to recorders at the end of the race.

Registration only needs to occur once as each runner will be given a unique number which they keep for the whole series. Pre-registered runners do not need to sign in on the day.