

SACRED HEART GIRLS' COLLEGE



CROSS COUNTRY 2026

School Cross Country Information

- The **School Cross Country** will be held on **Thursday 21st May 2026**.

Timetable for the Day

The day will run as follows:

- **Period 1–2:** Normal classes
- **Interval:** 10:40 – 11:00am
- **Period 3:** 11:00 – 11:50am
- **Period 4:** 11:50am – 12:40pm
- **Students to be on the bottom field by:** 1:15pm
- **First race:** 1:30pm

What to Wear

- Wear **appropriate running clothes** supporting your **house colours**
- **Sports shoes are compulsory**
- **✗** No school sandals
- **✗** No bare feet allowed
- Warm layer (remove before race)
- Drink bottle
- Ensure all items are **named**

Event Expectations

- All students must remain on the **bottom field for the duration of the event**

Food Guidelines

- Eat a **large morning tea** (*have lunch at this time*)
- Have only a **light snack at lunchtime**
- This helps avoid running on a full stomach

Age Groups

- (*Based on NZSS Cross Country age groups*)
- **Year 7 & 8** – All Year 7 and 8 students
- **Year 9** – All Year 9 students
- **Junior** – Under 16 as at 31 December 2026
- **Senior** – 16 years and over as at 31 December 2026

Race Start Times

- **Year 7 & 8** – 1:30pm
- Please finish down the correct chute
- **Year 9** – 1:50pm
- **Juniors** – 2:10pm
- **Seniors** – 2:30pm

Participation

- All students are **expected to participate** unless they have a **major injury**
- A **note must be presented to the appropriate Year Level Dean** on the day if unable to participate
- Students may be **assigned an alternative role**

Extras

- Bonus points for:
 - Best dressed
 - Beating a teacher
- No house points for runners over **30 minutes**

Spectators Welcome

- **Parents and caregivers are most welcome** to come along and support during the event