

Monday 5th May 2025

Dear Parents/Caregivers

### **ELIM CHRISTIAN COLLEGE GOLFLANDS MIDDLE YEARS SCHOOL CROSS COUNTRY**

On **Monday 26th May** we will be hosting our annual Elim Christian College Cross Country. **This is a compulsory event for all students in Year 7-10.**

**Venue:** **Golflands Park, Corta Bella Place, Golflands**  
(The course will start and finish from the Golflands Park on Corta Bella Place)

**Date:** **Monday 26th May 2025 (Save Day Wednesday 28th May)**

**Time:** **9.00am - 1.00pm** - see detailed times below. *Please note these are subject to change.*

#### **Uniform requirements:**

- Students can either wear their **Elim P.E Uniform**, or dress in their **Whānau colours**.
- Shoes **MUST** be worn.
- A warm jumper and rain jacket and drink bottle with them. All clothing must also be named.
- Students may wear their cross country clothes for the day.
- If it's wet weather, students are to bring their school uniform to get changed into for the afternoon.

**In the event of a postponement an email will be sent and posted on Schoology before 7.15am.**

As this is a compulsory school day, if your child is unable to participate, please email [kim.borthwick@elim.school.nz](mailto:kim.borthwick@elim.school.nz) or students must provide a signed note on the day. If your child will be absent on the day, please fill in the absence form as usual: [https://www.elim.school.nz/absence\\_form/](https://www.elim.school.nz/absence_form/)

---

#### **Entry Format:**

This year we have 2 entry options for participation. Students **MUST** select from **option 1** or **option 2** below.

#### **OPTION 1: INDIVIDUAL ENTRY**

You will run 3km. Races will be timed and recorded. Whanau points will be awarded for everyone participating.

#### **Please note:**

**Y7-8 students:** In order to be considered for the South Eastern Zone event student/s must enter the individual entry, as we require their times recorded for the 3km race.

**Y9-10 students:** If you have entered the Auckland Cross Country Championships you must enter the 3km individual entry, as this is the minimum distance for the Auckland Cross Country Championships on Wednesday 4th June 2025.

#### Distances for Auckland Cross Country Championships:

- (U14 as at 1st Jan 2025) Junior Girls 3km / Junior Boys 4km
- (U16 as at 1st Jan 2025) Intermediate Girls 4km / Intermediate Boys 5km
- (U19 as at 1st Jan 2025) Senior Girls 4km / Senior Boys 6km

## OPTION 2: TEAM ENTRY

The course is 3km total and students will register as a team of 3 runners. Each student in the team will run 1km each of the 3km race. All 3 students must be in the same Year Group, Gender and Whanau to make a team.

Eg. 3 boys in Year 10 from Ezekiel.

Students may not register for both as they will be run at the same time.

EVERYONE will earn whanau points to go towards the overall whanau competition on the day.

Students are to register either as an individual or team by Friday 16th May 2024. The registration form will be shared with them on schoology and completed in tutor class.

Please see the approximate times of the races below.

### COURSE DETAILS

The following race start times are approximate.

| <b>Age Group</b> | <b>Distance</b> | <b>Race Start</b> |
|------------------|-----------------|-------------------|
| Year 7 Boys      | 3.km            | 9.20am            |
| Year 7 Girls     | 3.km            | 9.40am            |
| Year 8 Boys      | 3.km            | 10.00am           |
| Year 8 Girls     | 3.km            | 10.20am           |
| Year 9 Boys      | 3.km            | 11.20am           |
| Year 9 Girls     | 3.km            | 11.40am           |
| Year 10 Boys     | 3.km            | 12.00pm           |
| Year 10 Girls    | 3.km            | 12.20pm           |

### **PARENTAL ASSISTANCE**

We require parental assistance with marshalling, to make this day a success. If you are available to help for the day, please advise using the link below – thank you in advance! Parents/caregivers are also welcome to attend this event as supporters.

***Please Note:*** The school operates on MOE best practice. All volunteers are required to hold a current police clearance. If you are unsure of your current police vetting status, please check with the school office.

[Parental Assistance Registration Form](#)

We are very much looking forward to this event. Should you have any queries at all, please do not hesitate to email me.

Yours sincerely

**Mrs Kim Borthwick**

**Sports Coordinator**

[sport@elim.school.nz](mailto:sport@elim.school.nz)