

CROSS COUNTRY WINTER

Code Convenor: Mr K. Lawton

Registration - On line week 5 Term 1

- COMPETITION:** Season runs from April through to October with various events such as the Karori Relays, Wellington Champs and Nationals.
Year 7 & 8 boys run in the Inter-zone finals of the LHPSSA cross country in June and Regionals also in June.
- TRAINING:** Early morning and lunchtime training sessions depending on the convenor.
Please read the Daily Notices for day and meeting place
- VENUES:** Harcourt Park, Trentham Memorial Park and HIBS Grounds and surrounding areas for training.
- UNIFORM:** Athletic singlet, blue shorts.
- COST:** NIL