


Cross Country



Cross Country trainings are open to any students who wish to attend, for general fitness or for those that wish to train towards the year's major races. The HIBS team continues to be competitive at a regional level and over the years we have achieved National honours at the NZSSAA Champs and the AIMS Games.

CONVENOR	Miss Sarah Tobin stobin@hibs.school.nz
SEASON	Terms 2 and 3
UNIFORM	<p>PE top & PE shorts. HIBS singlet (provided by the school prior to interschool races). HIBS tracksuit provided or the students can elect to wear their sports hoodie. Running shoes.</p> <p>OPTIONAL, BUT RECOMMENDED GEAR: Polypropylene top and gloves for winter training in the morning. Wristwatch with a stopwatch function. Spiked racing shoes for traction in winter races.</p> 
TRAININGS	Two sessions per week (at school): Tuesday lunchtime after assembly (approx. 1pm) and Thursday mornings before school (leaving at 7.15am sharp).
COMPETITIONS	<p>10 May – Wellington Cross Country Relay Championships (6 x 2km) – Karori Park</p> <p>24 May - CSW Cross Country Championships – Harcourt Park</p> <p>17-18 June – NZSSAA Cross Country Championships – Massey University, Palmerston North.</p>