

WAIKANAE PARK Junior Cross-Country Course 2016

Location: The course is on the playing fields at the north end of the park and runs through the bush tracks to the west and along the track above the embankment to the east.

Facilities: The main toilets are in the facilities block at the south end of the playing fields, adjacent to the pony club course. There are also change rooms here. There are a few supplementary toilets in the pavilion at the north end of the park, mainly for usage of athletes at the start!

Parking: There are parking areas at either end of the ground and on-street parking is also available.

Spectators: Your best viewing area will be on the bank on the eastern side. The athletes will start in front of you on your right and into the bush opposite you, before crossing to your left and running along the top of the embankment behind you.

Playing fields: In the event of bad weather, please keep off the playing surfaces, as foot traffic will damage them

Team Tents: Kapiti Coast District Council will tell us where team tents should be sited, and we will tell team managements.

Warm-up area: There is a designated warm-up area for competitors in the north western corner handy to the start line.

Course Surface: The surface is grass with some earth/gravel paths. There are no water jumps or fences. The sub-surface is mainly sand so it is well drained. It might be slippery when wet, but there should be little or no surface water and mud. **Spikes are still recommended.**

Course:

0m: Start in front of the pavilion at the north end, (in line with the "Gus Evans" sign)

Run straight parallel with the side-line of the playing field.

70m: Bear left, diagonally to the lamppost

130m: Bear right at the lamppost and run straight up to the top of the incline

200m: Sharp curve to the left and down the slope around the edge of the bush

305m: At orienteering post Z17 turn right through the bush and onto the up-hill track

370m: Turn left onto the main track

500m: At the post close to the field, bear right up the knoll behind the fitness gear to the next post, then down the slope to the playing field

570m: Cross the field between the side-line and the green pavilion to the bank on the other side

707m: Up the bank and along the grass track behind the play area, behind the cricket nets and behind the spectator area.

940m: Turn left, between the tree stumps and down the bank to the corner of the playing field

1015m: *Start of laps 2 & 3 and finish line.*

Year 4: one lap

Years 5 & 6: two laps

Years 7 & 8: three laps