

## NEW ZEALAND SECONDARY SCHOOLS CROSS-COUNTRY CHAMPIONSHIPS

QE2 & Ascot Parks, Ōtautahi Christchurch  
Saturday June 15<sup>th</sup> and Sunday 16<sup>th</sup> 2024

To All New Zealand Secondary Schools,

### WELCOME

*Nau mai, haere mai, tēnā koutou, tēnā koutou, tēnā koutou katoa*

Welcome to the 50<sup>th</sup> running of the New Zealand Secondary Schools Cross-Country Championships and the 8<sup>th</sup> New Zealand Secondary Schools Regional Cross-Country Team Relay Championships to be held at the QE2 and Ascot Parks, Ōtautahi Christchurch.

### Key Dates

- Early in Term II – Championship entries open on 13th May
- Early June – entries close on 7th June.
- Friday June 14<sup>th</sup> from 2pm – Course inspection and Team pack collection
- Saturday June 15<sup>th</sup> – Cross Country Championships
- Sunday June 16<sup>th</sup> AM – Regional Relay Championships

### COURSE

The course will be based around a 1500m loop and a 1000m loop.  
The courses for each grade are as follows:

- **Year 9 Girls, Year 9 Boys and Junior Girls (3km)** = 2 x 1.5k laps
- **Senior Girls, Junior Boys (4km)** = 1 x 1k lap, then 2 x 1.5k laps
- **Senior Boys (6km)** = 4 x 1.5k laps
- **Para Athletes (2km)** = 2 x 1km laps (see information below)

Para Athletes who wish to run the full distance in their correct age grade, will do so with non-para athletes. In this case, their placings will count in the overall results for their school team and also have their Para performance recognised separately.

- **Female:** Para athletes in any grade who wish to compete in the 2000m event will start with the Senior Girls and do two 1km laps.
- **Male:** Para athletes in any grade wishing to compete in the 2000m event will start with the Junior Boys and complete two 1km laps.

### PROGRAMME OF EVENTS

#### Friday 14<sup>th</sup> June

2:00pm – 5:00pm

- Course open for inspection and a light jog. Schools are asked to not arrive before 2:00pm please.
- Managers Packs will be available in the TIC Tent, located near the finish line. Packs will only be issued to team managers and not individual athletes.
- As there is no Manager's meeting, any technical questions should be asked at the TIC Tent.
- Pre-ordered merchandise will also be available for pick up at this time.

### **Saturday 15<sup>th</sup> June – New Zealand Secondary Schools Cross Country Championships**

8:00am – Course open for inspection. Remaining managers packs will be available for collection.

10:30am – Junior Girls (3km)

11:10am – Junior Boys / Para Boys (4km / 2km)

11:50am – Year 9 Girls (3km)

12:30pm – Year 9 Boys (3km)

1:10pm – Senior Girls / Para Girls (4km / 2km)

1:50pm – Senior Boys (6km)

4:30pm – Awards Ceremony. Venue: Shirley Boys/Avonside Girls High School Hall

### **Sunday 16<sup>th</sup> June – Regional Team Relay Championships Race**

Packs for each region will be available at the TIC Tent for Regional Managers to collect on Saturday June 15<sup>th</sup> from 2pm.

Anticipated teams and running order should be entered on the NZSSAA website before arriving at the championships, with final online team confirmations closing at 7pm on Saturday night (to allow downloading of the information into the results package). Changes can be made before the relay race (see relays information sheet for details) but we would prefer only those changes brought about by overnight issues such as injury, sickness or unavailability. All athletes will be expected to wear the two team race numbers clearly displaying their grade on both the front and back of their singlet and a uniform that reflects their region. (See the separate document describing the race numbers)

*Any Sunday team changes must be handed in by 15 minutes before the first race (ie 8.30am) or 30 minutes before the second and third races (ie 8.55am for race 2 and 9.35am for race 3). Teams must be submitted in running order on the forms provided in the Regional Team Managers Packs.*

**8.45 am – 4 x 2km Boys Relay** - Y9, Junior and Senior grades. Each athlete completing two laps of the 1km course.

**9.25 am - 4 x 2km Mixed Relay** - Y9, Junior and Senior grades. Each athlete completing two laps of the 1km course.

**10.05 am - 4 x 2km Girls Relay** - Y9, Junior and Senior grades. Each athlete completing two laps of the 1km course.

**Prize-giving** for all grades will be held approximately 10 minutes after each race.

**Para Teams** can compete in all grades and will be awarded Para medals as per the existing Relay Medals rules.

### **ENTRY INFORMATION & FEES**

Please visit the NZSSAA website for detailed [entry procedures](#) and information on [fees](#).

### **GENERAL**

Managers will receive one or more complimentary programmes in their team packs, based on team entry numbers. No programmes will be printed for individual athletes or for sale to the public.

We strongly recommend that you **regularly check the NZSSAA website** for further announcements including: merchandise sales, course maps, entry procedures, para athlete classification, and health and safety.

Coaches, managers, athletes, parents and supporters are encouraged to Like and Follow the [NZ Secondary School Athletics Association](#) Facebook page.

Ngā mihi nui  
John Gamblin  
LOC Chair