



New Zealand Secondary Schools Athletics Association

37th New Zealand Secondary Schools Cross Country Championships 2010

Newsletter

To All New Zealand Secondary Schools:

Welcome to the 37th New Zealand Secondary Schools Cross Country Championships to be held at Waikanae Park Waikanae, Kapiti Coast
The Organising Committee calls for entries from your school to this event.

Date: Saturday 19th June 2010

Event Organisers

The Local Organising Committee is comprised of members of Kapiti Harrier and Multi Sport Club, and staff of the host school Paraparaumu College. The Prize Giving will be held in the marquee at the race venue on the completion of the last race. The Local Organising Committee and Paraparaumu College will not be hosting a Disco this year but that responsibility has been taken up by St Patrick's College Silverstream in Upper Hutt. Information on the Disco will be sent out separately from this newsletter. The LOC and Paraparaumu College will instead host A PASTA PARTY ON FRIDAY EVENING AT SOUTHWARDS MUSEUM AT PARAPARAUMU. Any enquiries should be directed to Peter Ellis Ph 04 2970691 or 0274 471 883. Email peter.ellis@xtra.co.nz.

Note: This will save teams having to provide an evening meal on arrival.

Paraparaumu College is not involved in the entry process or the administration of the Championships. Please do not contact the college.

Course

The Waikanae course is two kilometres over varying terrain with a small portion of each lap on playing fields and the remainder on walking tracks and through a farm paddock. There are two jumps on each lap. With a sand and peat base the course is likely to offer firm underfoot conditions and is suitable for spiked shoes. Year 9 girls and boys and junior girls will do one short lap followed by one full lap. Junior boys and senior girls will complete two laps of the 2 km course. Senior boys will do three laps of the 2 km course.

Directions and Parking

Waikanae Park is located on Park Avenue in Waikanae. From State Highway One turn west at the traffic lights into Te Moana Road, 1 km down Te Moana Road turn right into Ngarara road which leads you to Park Avenue and the park. There is ample parking at the park for buses and private vehicles. **WARNING:** If you are intending to stay in Wellington you will need to allow plenty of time to get to the venue. The normal 1 hr 15 min trip can frequently take over 2 hours when traffic is heavy or delayed through accidents

Functions

- Official welcome and Pasta Party. Southwards Museum 5.30pm to 9.00pm Friday 18th June
- Technical Meeting (Managers' Meeting) 9.30am, Saturday 19th of June at the Wrestling club building at Waikanae Park race venue
- Prize Giving at 2.30pm in the marquee at Waikanae Park
- There will be no separate function for team managers and officials

Programme of Events

Friday 18th June

3.30pm until 5.30pm Team Manager Packs will be available at the Marquee at the race venue. The course will be available for inspection from 2.00pm

5.30pm until 9.00pm Pasta Party at Southwards Museum Paraparaumu

Saturday 19th June

9.00am Team Manager Packs available in the marquee

10.00am Managers' Technical Meeting in the Wrestling Club Rooms

10.30am Year 9 Girls

11.00am Year 9 Boys

11.30am Junior Girls

12.noon Junior Boys

12.30pm Senior Girls

1.00pm Senior Boys

2.30pm Prize Giving at Waikanae Park

7.00pm to 10.30pm Disco at St Patrick's College Silverstream

Age Groups

All athletes must have turned 13 prior to 31 December 2010

Year 9 students only. All must be under 15 as at 31 December 2010. An athlete can only run in the Year 9 race once.

Junior Under 16 as at 31 December 2010.

Senior Under 19.5 as at 31 December 2010.

Race Distances

Year 9 Boys 3 km

Year 9 Girls 3 km

Junior Girls 3 km

Junior Boys 4 km

Senior Girls 4 km

Senior Boys 6 km

Participation and Affiliation to NZSSAA

Participation in these Championships is open to any student Year 9 or higher who attends a New Zealand Secondary School. Year 7 and 8 students are not eligible to compete under any circumstances. Affiliation with the New Zealand Secondary Schools Athletic Association is invoiced as part of the entry process for the Championships.

The affiliation fee is \$36.00 incl. GST per school.

Entry Fees

The cost per individual entry is \$15.00, which includes the \$5.00 NZSSAA Travel Fund Levy. There will be a charge of \$2.00 per printed programme.

Tickets to the Athletes' Pasta Party will cost \$14.00. These must be ordered and paid for with entries.

Entry Procedures

Entries open online Friday 30th April

Entries close online at Midnight Friday 11th June

Do not be late with your entries

After June 11 any further entries are added only with the approval of the online entries administrator and the Chairperson of the LOC. Late entries are to be emailed to oe@nzssaa.org.nz and there will be a charge of \$10 per late entry added to the school's online entries account. Late entries will only be accepted **if there has been a genuine error or problem.**

Go to the NZSSAA website www.nzssaa.org.nz or directly to <http://robo.co.nz/o/nzssxc2010/>. A login prompt will be presented to your browser. Enter your assigned username and password to proceed into the system. Please fill in your team information first before making your entries. If you do not have the school's user name and password check with your principal who should be holding a copy of it. If necessary email oe@nzssaa.org.nz for the information.

Your entries are complete when you have chosen a payment option and produced an invoice. There are three options for payment. The first is by school or personal credit card. The second is by direct crediting the NZSSAA bank account and the third is to send a cheque. Instructions for the last two payment methods are on the invoice. Please note that you can now add additional entries yourself even though you may have already generated an invoice or paid. Enter your additional athletes and pay for them accordingly.

Entry enquiries are to be by email only to oe@nzssaa.org.nz please.

Pasta Party

The athletes' Pasta Party will be held from 5.30pm until 9.00pm at Southwards Museum. Ticket orders and payment will be available online with entries. Look for details on the website. These must be booked and paid for by 8.00am Monday 14th June 2010.

T-Shirts

T-shirts will be available for purchase using the order form which will be available on the website. There will be a very limited supply for sale at the meet. Look for an order form on the website in the near future and send payment with your order direct to the LOC.

Accommodation

The Kapiti Coast is well served by reasonably priced accommodation for groups with El Rancho Christian Holiday Park in Waikanae, Forest Lakes Christian Holiday Park at Otaki and Tatum Park Holiday Park at Manakau. All have bunk and motel type accommodation and are within 30 minutes from the race venue.

There is motel accommodation at Waikanae, Paraparaumu and Otaki all within just minutes from the race venue.

Transport

Waikanae is situated 60 km north of Wellington and a similar distance south of Palmerston North on State Highway one. There is no direct public transport from Wellington to Waikanae. A train service runs to Paraparaumu with bus connections to Waikanae. *Train services are currently being upgraded and services at weekend are often cancelled.*

There is an airport at Paraparaumu which can accommodate chartered flights with aircraft up to about 100 seats.

Vehicle Hire

Kapiti has two bus companies who offer coaches for hire; Pekapeka Charters and tours, (pekapekacoachire@xtra.co.nz) and Kapiti Fours Seasons Tours (kapiti4@xtra.co.nz)

Kapiti Shuttle Service (Kapiti.shuttles@xtra.co.nz) offer door to door and Airport services with mini vans while Rent Me rentals and Bluebird Rentals offer vehicles for hire including minivans.

Food and Refreshments

Food and refreshments will be on sale on the course.

Check the NZSSAA website for further announcements

This is the only Newsletter. Other information will be posted as announcements on our website

We look forward to welcoming you to Waikanae for this exciting event and hope that you all have an enjoyable and rewarding time.

Peter Ellis
Chairman LOC