



New Zealand Secondary Schools Athletics Association  
41<sup>st</sup> New Zealand Secondary Schools  
Cross Country Championships 2014

Newsletter #1

### **To All New Zealand Secondary Schools:**

Welcome to the 41<sup>st</sup> New Zealand Secondary Schools Cross Country Championships to be held at the Sport and Rugby Institute at the Palmerston North Campus of Massey University. The Organising Committee calls for entries from your school to this event.

**Date: Saturday 21<sup>st</sup> June 2014**

### **Event Organisers**

The Local Organising Committee is comprised of representatives from:

- Massey University
- Sport Manawatu
- Manawatu Wanganui Athletics
- Palmerston North Boys High School

None of the above is involved in the entry process of the Championships.

You must register online through the NZSSAA website: [www.nzssaa.org.nz](http://www.nzssaa.org.nz)

### **Course**

Massey University has designed a world class cross country course on the grounds and farmlands surrounding the Sport and Rugby Institute (see page 2).

The standard lap is two kilometres comprising of 800m on flat rugby fields with three log jumps, and 1200m over hilly paddock. There is a road crossing that will be covered in woodchip or similar material.

The course could be soft and heavy going in places with the possibility of some muddy sections and water to cross, including a "water jump" feature.

3k course- Junior Girls will complete 3km by finishing one complete lap of the two km course, and then going on to complete an additional 1km on the flat section around the Sport and Rugby Institute fields.

4k course - Junior boys and senior girls will complete two laps of the 2km course.

6k course - Senior boys will run three laps of the 2km course.

Para Athletes (PA) will compete over one lap of the 2km course or may enter into and compete with their age group in the non-disabled races.

It is recommended that all runners wear footwear. The course is suitable for spiked shoes.

Runners compete at their own risk.



# 2014 NZSSAA XC Lap



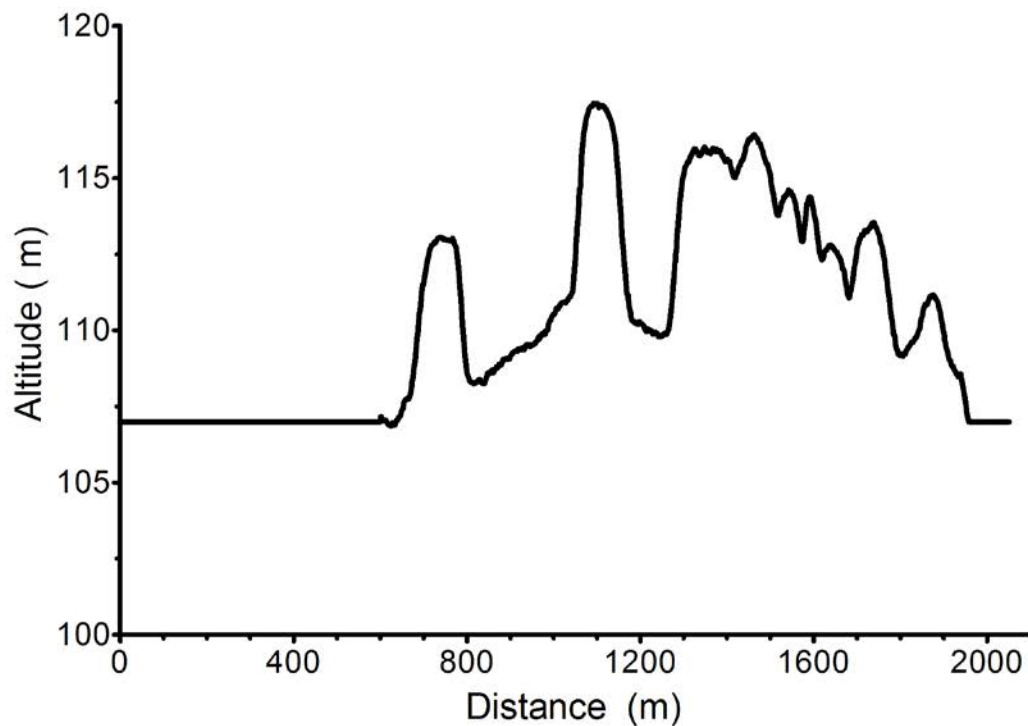
## Course Details

Lap Distance: 2,000m

800m flat rugby fields with 3 log jumps

1,200m in hilly paddock. The ground is quite rough.

-  Uphill
-  Downhill
-  Log Jump
-  Water Feature
-  Start/Finish of Lap
-  Race Start
-  1st Lap Bypass



Please note this map is indicative only, at no point does the course cross over on itself as the map above appears to show.

### **Directions and Parking**

Massey University is located on the South Side of the Manawatu River, and the Sport and Rugby Institute is on campus off Albany Drive. Access to the course is available only through the main University Campus from Tennent Drive.

There is all weather parking for approximately 150 vehicles on Albany Drive within walking distance of the course.

### **Functions**

Managers Meeting – Information on the timing of the Managers meeting will follow in Newsletter two. As with last year's event there will be a Technical Desk to answer any queries at the Race Pack Collection area at the venue.

Prize Giving will be held at 3.00pm at Massey University Recreation Centre

Athletes Disco and Managers Function will be held at the Massey University Events Centre from 7-9pm.

### **Programme of Events**

#### **Friday 20 June**

1.00pm to 5.00pm Course open for inspection. Please do not come to the course before 1pm.

Managers Packs will be available from 3pm to 5pm in the designated area at the race venue. Race packs will only be issued to Team Managers and not individual athletes.

#### **Saturday 21 June**

8.30am Course open for inspection and Team Manager Packs available in the marquee

10.00am PA Combined Disability/ Girls and Boys - 2 km

10.30am Year 9 Girls – 3km

11.00am Year 9 Boys – 3km

11.30am Junior Girls – 3km

12 noon Junior Boys – 4km

12.30pm Senior Girls – 4km

1.00pm Senior Boys – 6km

3.00pm Prize Giving – Massey University Recreation Centre

7 to 10pm Athletes Disco and Managers Function – Massey University

### **Age Groups**

All runners must have turned 13 prior to 31 December 2014

**Year 9** Runners must be under 15 as at 31 December 2014 (born on or after 1<sup>st</sup> January 2000)

(A runner can compete in the Year 9 race once only.)

**Junior** Under 16 as at 31 December 2014 (born on or after 1<sup>st</sup> of January 1999)

**Senior** Under 20 as at 31 December 2014 (born between 1<sup>st</sup> January 1995 and 31<sup>st</sup> December 1998)

**Para Athletes** As for junior and senior above except the Senior age for ORS funded students is under 22 on 31 December 2014. Contact [oe@nzssaa.org.nz](mailto:oe@nzssaa.org.nz) to enter over 20 years of age athletes.

### **Participation and Affiliation to NZSSAA**

Participation in these Championships is open to any student Year 9 or above 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 Athletics Association is invoiced as part of the entry process for the Championships.

Para Athletes participation is encouraged and athletes wishing to compete can choose 1 of 2 entry options; either the 2km PA girls and boys combined impairment race or entry into the non-impaired races with their PA and non-impairment placings being identified. PA competitors can contribute to teams results in the non-impaired races. Medals and certificates will be awarded to Junior Boys/Girls and Senior Boys/ Girls placegetters in the combined impairment race and in all grades in the non-impaired races.

#### **Entry Procedures (Team Managers/Sports Co-ordinators)**

- **Entries open online Monday 12 May**
- **Entries close online at Midnight Friday 13 June**
- **Do not be late with your entries.**

After June 13 any further entries are added only with the approval of the online entries administrator. Late entries are to be emailed to [oe@nzssaa.org.nz](mailto:oe@nzssaa.org.nz) and there will be a charge of \$10 per late entry added to a schools online account.

Go to the NZSSAA website [www.nzssaa.org.nz](http://www.nzssaa.org.nz) and click on <http://entries.co.nz/o/nzssxc2014> . A login prompt will be presented to your browser. Enter your assigned username and password to proceed into the system. Please fill in your school information first before making your entries. If you do not have the schools username and password check with your principal who should be holding a copy of it. If necessary email [oe@nzssaa.org.nz](mailto:oe@nzssaa.org.nz) for the information.

Affiliation Fee	\$36.00 including GST per school, payable with online entries
Entre Fees	\$15.00 including GST per athlete, which includes the \$5.00 NZSSAA Travel Fund Levy

Your entries are complete when you have chosen a payment option, produced an invoice and paid. There are two options for payment:

- by **school or personal credit card**
- direct crediting the **NZSSAA Entries** bank account **12-3150-0174691-00**

Please note that you can add additional entries yourself up until entries close even though you may have already generated an invoice or paid. Enter your additional athletes and pay for them accordingly.

**Payment by cheque is no longer an option, except for a late payment when the cheque is handed directly to the race organisers at the championships in order to uplift your competition numbers.**

Please note: Athletes will not appear in the confirmed entries list or the programme and will not be able to compete until entry fees have been confirmed as having been paid.

**Entry enquiries are to be by email only to [oe@nzssaa.org.nz](mailto:oe@nzssaa.org.nz) please.**

#### **T shirts**

T shirts will be available for purchase using the order form on the website.

More information will be available in the coming weeks.

### **Accommodation**

Accommodation in Palmerston North is usually plentiful, however low cost accommodation will be at a premium so you are advised to book early. Accommodation can be sourced online (see facebook site), and as Palmerston North regularly hosts many of the largest secondary school events in the country the hotel owners are familiar with the needs of team managers.

### **Food and Refreshments**

Limited food and refreshments will be on sale at the course. A coffee van may also be on location.

### **Programmes**

Managers will receive one or more complementary programmes in their team pack, based on team entry numbers.

No programmes are being printed for individual athletes but will be available online.

Limited additional programmes may be available for sale.

### **Check the NZSSAA website for further announcements**

Newsletter # 2 will be uploaded online at the end of May with updates and maps for locations of the Prize Giving and Athlete Disco/Managers Function.

Other information will be posted as announcements on our website and the race organisers have a facebook page:

[https://www.facebook.com/events/134145526760624/?source=3&source\\_newsfeed\\_story\\_type=regular&fref=nf](https://www.facebook.com/events/134145526760624/?source=3&source_newsfeed_story_type=regular&fref=nf)

Or search within facebook: New Zealand Secondary Schools Cross Country Championships

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

Hopefully this has answered all immediate questions.

If you do have any entry queries, please email [oe@nzssaa.org.nz](mailto:oe@nzssaa.org.nz)

If you do have any general queries, please email [hamish.meacheam@sportmanawatu.org.nz](mailto:hamish.meacheam@sportmanawatu.org.nz)

Hamish Meacheam

Chairman

LOC Committee

Manawatu