

# NZSSAA Cross Country RELAY CHAMPS

An exciting new event to be held in conjunction with the 2016 NZSSAA Cross Country Champs in Rotorua.

Selected athletes will have the opportunity to represent their region competing in a five-person relay team in each of the year 9, junior and senior grades.

Selection will be made by regional team manager with athletes identified at regional championships leading up to the event and confirmed after performance at the NZSSAA champs. These athletes are encouraged to ensure travel plans will allow them to compete on the Sunday morning after Saturday's Individual championship.

## Event Details

That a NZSSAA Cross Country Relay Championship to be held on the Sunday morning following the NZSSAA Cross Country championships. These Relay Championships be contested in two races, female and male by teams of five runners in three grades, Year 9, Junior, Senior (Ages as for NZSSAA Cross Country) and selected by regional selectors with each runner recovering a 2km Lap.

## Regions

### North Island

Northland  
North Harbour  
Auckland  
Counties / Manukau  
Waikato / Bay of Plenty  
Taranaki  
Manawatu  
Wairarapa  
East Coast / Hawkes Bay  
Whanganui  
Wellington

### South Island

Tasman  
Canterbury / West Coast  
Aoraki  
Otago  
Southland