



New Zealand Secondary Schools Athletics Association

44th New Zealand Secondary Schools
Cross Country Championships 2017

Newsletter 1



To All New Zealand Secondary Schools:

Welcome to the 44th New Zealand Secondary Schools Cross Country Championships and the 2nd New Zealand Secondary Schools Regional Cross Country Relay Championships to be held at Ascot Golf Course, QE2 Park, Christchurch.

The Organising Committee calls for entries to these events:
Saturday 17th June 2017 – Cross Country Races
Sunday 18th June 2017 – Regional Cross Country Relay Races

Event Organisers

The Local Organising Committee is comprised of:

- Staff of the host school St Bede's College
- Officials of Athletics Canterbury
- Members of the Christchurch Avon Athletic Club.

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

Course

The course starts and finishes on the playing fields of QE2 Park and winds its way around the Ascot Golf Course.

On Saturday, the standard lap is two kilometres with a one kilometre lap being used first for the 3k events.

On Sunday morning, the regional relay runners will be run over two laps of the one kilometre course.

The course should be well grassed, with the golf course having a sand base. It is a mix of flat and undulating terrain. There will be two jumps per lap that athletes can choose to either jump or run slightly further around the end of.

3k course - There is a 1km lap for Year 9 girls and boys, and junior girls, which precedes the 2km lap.

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 will compete in their correct grade with non-Para athletes, but only run two kilometres unless they have entered the full distance race (see later notes). The Junior Para Girls will do two laps of the one kilometre course and the other grades will run the first two kilometre lap of their race.

It is recommended that all runners wear footwear. The course is suitable for spiked shoes. Athletes who do not wear shoes or are not able to attach the timing chip to their shoe will need to collect an ankle tie from the Race Control table.

Runners compete at their own risk.

Directions

The Ascot Golf Course is at the north end of QE2 Park, which is in the north-east section of Christchurch City near the beach. The main entrance to the course is half way along Ascot Avenue, which is on the beach side of QE2 Park. It is also possible to enter the course near the south end of Beach Road and walk across the two kilometre course to the start finish area.

Parking

There will be NO onsite parking available, due to reconstruction of the earthquake damaged QE2 swimming pool complex and the building of new schools for Avonside Girls and Shirley Boys High Schools and the central and southern areas of QE2 Park.

All parking will need to be on the surrounding streets.

Please be considerate to local property owners and not park across the driveways of private homes.

Warning - The Christchurch City Council long ago advised affected residents in the area to ring the local tow company based two kilometres away and have any vehicles towed that are blocking their driveways.

We believe the cost to have offending vehicles released is \$380.

Please refer to the course and parking maps for further information.

Functions

Managers Meeting - There will be no managers' meeting preceding the event. However, there will be a Technical Desk to answer any queries at the Race Pack Collection Tent at the venue on Friday afternoon and all weekend.

Prize Giving - for Saturdays events will be held at 4.00pm at the St Bede's College gymnasium. Entry via either Momerangi Crescent entrance or Main North Road. Please do not park on any lawns.

Athletes Disco - will be held in the St Bede's College gymnasium.

Managers Function - will be held in the St Bede's College staffroom while the disco is on.

Programme of Events

Friday 16th June

1pm to 5pm Course open for inspection. Please do not come to the course before 1pm, so that the volunteers can concentrate on setting up the course. Note that it may not be in its finished state until late afternoon.

3pm to 5pm Managers Packs will be available in Race Pack Collection Tent at the race venue. We would prefer to issue Race Packs to Team Managers only and not individual athletes. Any technical questions can be asked here.

Saturday 17th June

8.30am Course open for inspection and Team Manager Packs available in the marquee
Para athletes compete with their non-para athlete grade, but only do 2k unless entered in the full distance

10.30am Year 9 Girls – 3km 3 km one 1k lap, then one 2k lap

11.00am Year 9 Boys – 3km 3 km one 1k lap, then one 2k lap

11.30am Junior Girls – 3km 3 km one 1k lap, then one 2k lap

12 noon Junior Boys – 4km 4 km two 2k laps

12.30pm Senior Girls – 4km 4 km two 2k laps

1.00pm Senior Boys – 6km 6 km three 2k laps

1.30pm Primary Schools non-championship race 2 km two laps of the 1k course

4.00pm Prize Giving – St Bede's College gymnasium

7.30pm to 10pm Athletes Disco – St Bede's College gymnasium

7.30pm to 10pm Managers Function – St Bede's College staffroom (we suggest Coasters Tavern, corner of Daniels and Main North Road if you are looking for a Managers meal close by while the disco is on)

Sunday 18th June **Regional Relay Championships**

Race packs for each region will be available from the Technical Desk from 3pm Friday for Regional Managers only to collect at their leisure.

All athletes will be expected to wear the supplied timing chip and two team race numbers clearly displaying region and grade on both their front and back.

9.00am Final confirmation of team names in running order

9.30am 5 x 2km Girls Relay – Y9, Junior and Senior grades compete at the same time over two laps of the 1k course per athlete

10.15am Prize Giving for all three girls grades

10.30am 5 x 2km Boys Relay - Y9, Junior and Senior grades compete at the same time over two laps of the 1k course per athlete

11.15am Prize Giving for all three boys grades

Age Groups

All runners must have turned 13 prior to 31 December 2017

Year 9	Athletes must be in Year 9 and under 15 as at 31 December 2017 (born on or after 1st January 2003). An athlete can compete in the Year 9 race once only.
Junior	Under 16 as at 31 December 2017 (born on or after 1st of January 2002)
Senior	Under 20 as at 31 December 2017 (born between 1st January 1998 and 31st December 2001)
Para	As for Junior and Senior grades above except ORS funded athletes can be Under 22 as at 31 December 2017 (born on or after 1st January 1996) (To enter athletes who are over the senior age limit email their details to oe@nzssaa.org.nz)

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 affiliated to NZSSAA.

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 participation is encouraged and athletes wishing to compete do so in their correct grade, Junior or Senior with non-Para athletes, but only run two kilometres. For the 3k races, this will mean they do two laps of the one kilometre course. Alternatively Para athletes can enter in the full distance with their placing counting in the overall results for their school team but having their para performance recognised separately. The Para races are combined classification races and medals are presented for 1st, 2nd and 3rd irrespective of classification.

Entry Procedures for Team Managers/Sports Co-ordinators

- Entries open online on Monday 8th May
- Entries close online at Midnight Thursday 8th June
- Do not be late with your entries.

After June 8th, 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 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 and click on <http://entries.co.nz/o/nzssxc2017>

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 schools username and password check with your principal who should be holding a copy of it. If necessary email oe@nzssaa.org.nz for the information.

Affiliation Fee \$55.00 including GST per school, payable with online entries

Entry Fees \$22.00 including GST per athlete, which includes the \$10.00 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 please

T shirts

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

Orders must be received by 3pm on Friday 9th June. There will be limited T shirts sales on the day of the championships, but mail orders will be taken and will include a postage charge.

Payment must be included with your order and sent direct to the address shown on the order form.

Accommodation

Accommodation can be sourced by the internet. You are advised to book early. Accommodation in the East, West and North areas of Christchurch will be relatively close to the event venues and provide easy access to the airport. Accommodation available will be safe although it may still show cosmetic signs of earthquake damage. While most of the roads in the east of the city are now in good condition following the 2011 earthquake, plenty of time should be allowed for travelling around town as major road works continue to pop up.

Food and Refreshments

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

Limited additional programmes will be available for sale at a charge of \$5.00 per programme.

Check the NZSSAA website for further announcements

- To be loaded in due course:
- Details on how to enter Regional Relay Teams
- Suggested parking map
- Tee Shirt order form
- Disco order form
- St Bede's College map

We look forward to welcoming you to Ascot Golf Course, QE2 Park 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

If you do have any general queries, please email jgamblin@stbedes.school.nz

John Gamblin
Chairman
LOC Committee
Christchurch

