



New Zealand Secondary Schools Athletics Association

Podium Podiatry & Footwear

45th New Zealand Secondary Schools
Cross Country Championships 2018

Newsletter 1

To All New Zealand Secondary Schools:

Welcome to the Podium Podiatry & Footwear 45th New Zealand Secondary Schools Cross Country Championships and the 3rd New Zealand Secondary Schools Regional Cross Country Relay Championships to be held at Spa Thermal Park Taupo. This is the first time in the events 45 year history that athletes will be travelling to the scenic Taupo region to compete in these championships. Taupo has long been host of the annual North Island cross country champs and we are excited to have the opportunity to run at Spa Thermal Park on one of New Zealand's premier cross country courses. Thanks to both our naming right sponsor Podium Podiatry & Footwear and the District Events Team at Taupo District Council for their willingness to support this event.

Event Organisers

The Local Organising Committee is comprised of:

- Members of the NZSSAA Executive
- The District Events Team at Taupo District Council
- Members of the Taupo Harriers

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 Taupo course (Spa Thermal Park) has been used since 1987 for cross country running events. It is an open flowing parklands course which allows for brilliant spectator viewing throughout. The pumice based soil in the Taupo region allows for a firm underfoot surface unlikely to become muddy or slippery even in wet conditions. Athletes will find both the two and three kilometer loop challenging as they comprise numerous climbs and descents of varying length and pitch.

- 3km course - Year 9 girls, Year 9 boys, and Junior girls will complete one lap of the 3km course.
- 4km course - Junior boys and senior girls will complete two laps of the 2km course.
- 6km course - Senior boys will run two laps of the 3km course.
- 2km course- Para athletes will complete one lap of the Junior Boys or Senior girls course.

Para athletes will compete in their correct grade with non-Para athletes should they wish to run the full distance race as listed above. Female Para athletes in any grades wishing to compete in the 2km event will do so by completing the first lap of the Senior girls race. Male Para athletes in any grades wishing to compete in the 2km event will do so by completing the first lap of the Junior boys race.

The course is suitable for spiked shoes or barefoot running.

Runners compete at their own risk.

Parking

Limited parking for school/ team vans only is available on County Avenue leading into Spa Thermal Park, however we envisage this becoming very congested. The course crosses County Avenue and will therefore be closed when athletes are competing. As a result to avoid delays we strongly suggest parking along Spa Road or in the Taupo Events Centre car park. Please be tolerant of traffic delays, drive carefully and allow additional time for parking and walking to the event.

Programme of Events

Friday 15th 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 the T.I.C. marquee at the race venue. Race Packs will only be issued to Team Managers and not individual athletes. Schools are asked to appoint a Team Manager who will be able to contact all athletes from their school. As there is no managers' meeting any technical questions can be asked here throughout the weekend.

Saturday 16th June - Individual and school 3 and 6 person team championships.

- 8.30am Course open for inspection and Team Manager Packs available in the T.I.C. marquee.
- 10.30 am Year 9 Girls* 3km
- 11.00 am Year 9 Boys* 3km
- 11.30 am Junior Girls* 3km
- 12.00 pm Junior Boys*/ Para Boys* 4km/2km
- 12.40 pm Senior Girls/ Para Girls* 4km/2km
- 1.20 pm Senior Boys 6km

*Individual medals will be awarded directly after each of the Year 9, Junior and Para events on Saturday at the venue. Athletes who finish in the top ten will need to ensure they remain close by in order to receive medals and certificates.

- 4.00pm Prize-giving - Senior Boys and Girls top 10 individual athletes, three and six person teams in all grades, NZSSAA Paper team. Taupo Events Centre, 26 AC Baths Ave, Tauhara, Taupo.
- From 5.00pm AC Baths and Thermal Hot Pools. A complimentary voucher will be supplied for each athlete to gain entry into the swimming complex. While this is a supervised venue managers maintain responsibility for their athletes at all times. Vouchers will be distributed in managers' packs.

Sunday 17th 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 two team race numbers clearly displaying their grade on both the front and back of their singlet.

9.00am	Final confirmation of team names in running order to T.I.C.
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 2018

Year 9	Athletes must be in Year 9 and under 15 as at 31 December 2018 (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 2018 (born on or after 1st of January 2003)
Senior	Under 20 as at 31 December 2018 (born between 1st January 1999 and 31st December 2002)
Para	As for Junior and Senior grades above except ORS funded athletes can be Under 22 as at 31 December 2018 (born on or after 1st January 1997) (To enter para 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 athletes will compete in their correct grade with non-Para athletes should they wish to run the full distance race. Female Para athletes in any grades wishing to compete in the 2km event will do so by completing the first lap of the Senior girls race. Male Para athletes in any grades wishing to compete in the 2km event will do so by completing the first lap of the Junior boys race. 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 7th May
- Entries close online at Midnight Thursday 7th June
- Do not be late with your entries.

After June 7th, 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/nzssxc2018>

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.

Food and Refreshments

A good selection of food and refreshments will be on sale at the course.

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 or for sale to the public.

Check the NZSSAA website for further announcements including:

- Newsletter 2
- T shirt sales
- Course Map
- Entry procedures
- Health and Safety plan

We look forward to welcoming you to Taupo 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 b.smith@tbc.school.nz

Brad Smith
Chairman
L.O.C. Committee
Waikato/Bay of Plenty