



New Zealand Secondary Schools Athletics Association

46th New Zealand Secondary Schools
Cross Country Championship 2019

First and Only Newsletter

To All New Zealand Secondary Schools

Welcome to the 46th running of the New Zealand Secondary Schools Cross Country Championships and the 4th New Zealand Secondary Schools Regional Cross Country Relay Championships to be held at Ashbury Park, Timaru. Timaru has twice hosted this Event before, but it is over 30 years since the 15th Championships in 1988. Ashbury Park is a new location for Cross Country and its central location and scenic reputation should see this Event as a spectacular celebration of Secondary Schools cross country running over the weekend of June 15/16 2019.

Event Organisers

The Local Organising Committee is comprised of Paul Dominikovich (Timaru Boys' High School), Craig Motley, Shaun Campbell (Aoraki School Sport), Mark Peters (Run Timaru) and Kate Ormsby (Aoraki School Sport) along with various additional community volunteers and support from host school Timaru Boys' High School.

Course

The new course at Ashbury Park comprises both flat running sections and some moderate hills. There will be a 1km loop and a 2km loop with the longer loop having two steeplechase jumps for runners to negotiate. The start is wide and remains this way until around 200m in where the first slight bend is required. Viewing is outstanding with runners always in sight to spectators.

3km course - Year 9 girls, Year 9 boys, and Junior girls will complete a 1km loop followed by a 2km loop.

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

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

Due to the central nature of the Ashbury Park course, parking is extremely limited. There will be designated areas for parking including compulsory parking for mini vans at the Tennis centre. Buses must drop off passengers at the Caroline Bay Trust Aoraki Centre bus stop and then move and park on Virtue Ave. Further information regarding parking will be sent out in due course.

Programme of Events

Friday 14th June

- 9am to 12Noon Lovelock tours are available by prior arrangement at nearby host school Timaru Boys' High School (a guided 30 minute tour of the Lovelock memorabilia including photo opportunities with the Lovelock Statue and Lovelock Oak).
- 2pm to 4:30pm Course open for inspection and light jog. Schools are asked to not arrive before 2pm. Managers Packs will be available in the main 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. Pre ordered T-shirts will also be available for pick up at this time.

Saturday June 15th Individual and school 3 and 6 person team championships.

- 9am Course open for inspection and Team Manager Packs available in the 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

4.00pm Prize-giving Place getters 4 through 10 will be recognised with medals presented to the 1st, 2nd and 3rd place runners in each grade. Three and six person teams in all grades will be presented with their medals and the NZSSAA Paper team will be announced. Hogben Hall, Timaru Boys' High School on North Street, Timaru will be the venue and there is sufficient parking for buses and minivans.

7pm – 9pm Swim and slide - Caroline Bay Trust Aoraki Centre . Limited to 450 athletes. Managers Function at the same facility. Booking online to secure entry.

Sunday 16th June Regional Relay Championships Race

Packs for each region will be available from the Technical Desk from 2pm Friday for Regional Managers only to collect at their leisure. Anticipated teams and running order is required at this time but changes can be made before the relay race. 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 and athletes will also be given a ribbon to pin to their shoulder to help identify which category they are racing in.

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

Entry Information

All runners must have turned 13 prior to 31 December 2019. Year 9 Athletes must be in Year 9 and under 15 as at 31 December 2019 (born on or after 1st January 2005). An athlete can compete in the Year 9 race once only. Junior Under 16 as at 31 December 2019 (born on or after 1st of January 2004) Senior Under 20 as at 31 December 2019 (born between 1st January 2000 and 31st December 2003) Para As for Junior and Senior grades above except ORS funded athletes can be Under 22 as at 31 December 2019 (born on or after 1st January 1998) (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 grade 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 grade 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.

Coaches, Managers and Athletes are reminded that NZSSCC 2019 serves as the major selection race for ISF World Cross Country 2020 in Slovakia for both individuals and school teams.

Entry Procedures for Team Managers/Sports Co-ordinators

- Entries open online on Monday 6th May
- Entries close online at Midnight Thursday 6th June

- Do not be late with your entries. After June 6th, 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/nzssxc2019> 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. If you still cannot access the site then 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.

Additional Information

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:

- T shirt sales
- Course Map
- Entry procedures
- Health and Safety plan
- Coach and minivan parking
- booking form for Lovelock Tours

Coaches, managers, athletes, parents and supporters are encouraged to search on Facebook “New Zealand Secondary Schools Athletics Association” and Like and Follow this page as this will be updated regularly as the Championship approaches.

We look forward to welcoming you to Timaru 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 timarucc2019@gmail.com

Paul Dominikovich

Chairperson LOC Committee
Timaru Cross Country 2019