

**NEW ZEALAND SECONDARY SCHOOLS'
ATHLETIC ASSOCIATION (INC)**



Regional Relay Championships

INFORMATION HANDBOOK

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Updated June 1st 2019

Goal/ Purpose

The NZSSAA Cross Country relays aim to create an exciting and competitive event providing athletes with the opportunity to represent their region in the sport of cross country running. The event aims to build on the overall experience of attending the National Cross Country Championships providing not only a second opportunity to compete but giving athletes from schools the chance to be involved in a team. It aims to help strengthen relationships of both athletes and managers within each of the regions.

Regions

North Island	South Island
Northland North Harbour Auckland Counties Manukau Waikato/ Bay of Plenty East Coast North Island Taranaki Whanganui Manawatu Wairarapa Wellington	Tasman Canterbury Aoraki Otago Southland

Teams/ Managers contact information

Region	Manager	Contact details
Northland/ North Harbour	Theuns Strydom	tstrydom@westlake.school.nz
Auckland	Rhys Taucher (boys) Alison Feeney (girls)	RTaucher@sacredheart.school.nz alisonfeeney@ix.net.nz
Counties/ Manukau	Paul Meads	pmeads@pukekohehigh.school.nz
Waikato/BOP	Mark Cornaga (girls) Brad Smith (boys)	mcornaga@wdsq.school.nz b.smith@tbc.school.nz
Taranaki	Karen Gillum-Green	karenandrodney@clear.net.nz
Whanganui	Alec McNab	Alec.McNab@collegiate.school.nz
East Coast North Island	Bruce Smith (boys) Sheila Smidt (girls)	BSMITH@nbhs.school.nz ssmidt@nghs.school.nz
Manawatu	Brian Day	brian.day@windsor.co.nz
Wairarapa	Heidi-Jane James	heidi_jane_h@yahoo.co.uk
Wellington	Don Dalgliesh	dondalgliesh@xtra.co.nz
Tasman	Greg Lautenslager	greglautenslager@hotmail.com
Canterbury	John Gamblin	jgamblin@stbedes.school.nz
Aoraki	Craig Motley	craig.motley@gmail.com
Otago	Glen Ward	gforward@xtra.co.nz
Southland	Neville Britton	nbritton@attention2detail.co.nz

Age groups/ grades

Year 9 Girls/Boys:

Year 9 students only. Have turned 13 and U15 years as at 31 December in the year of the event.

Junior Girls/Boys:

Have turned 13 and U16 years as at 31 December in the year of the event.

Senior Girls/Boys:

U20 years as at 31 December in the year of the event.

Course/Distances/Teams

The event shall comprise of five athletes each completing a distance of 2000m.

The 2000m distance will comprise of two 1000m laps with the aim of making the course as spectator friendly as possible.

Athletes must bypass the finish line after 1000m and only cross the finish line at the end of 2000m.

Teams/Athlete eligibility

Athletes competing in the relay need to have entered and competed in the Saturday individual championship.

Where the opportunity exists an athlete must first represent their own region either in their own or an older age group.

Athletes from smaller provinces may run in another regions team if their own region is not entering a team in their grade and they cannot be used in an older team. However this team will not be eligible to receive medals. The NZSSAA relays coordinator should be made aware of any teams using athletes from outside of their own region.

Regions can enter multiple teams in any grade (ie A Team, B team, C Team, D Team etc), however only the top finishing team will be eligible to receive medals. All teams will have their time and placing recorded in the official results.

It is recommended that Regional Team Managers appoint a separate Assistant Team Manager for each of your teams who can then look after that teams' singlets, numbers and timing chips and record lap times encase there are timing issues.

Entry process

Team managers must have initial teams listed using the NZSSAA web-based entry system by 7pm on the Wednesday prior to the event so organisers can make sure they have enough chips and numbers.

Team managers should collect their regions race pack from the information tent from Friday afternoon onwards. This pack will contain:

- Further instructions which Team Managers need to read carefully please
- Last minute change forms (to be handed in on Sunday morning).
- Race numbers and safety pins (to be worn front and back).

Please note ALL relay race numbers and individual timing chips if used MUST be returned as a complete team set in the plastic bag provided at the end of the event before you leave the course. It is intended that these numbers will be used for future events.

Team managers must have final team lists including running order completed online by 9pm on Saturday night.

A small number of athlete changes will be accepted on official forms (at the end of this document) until 9am (Girls) and 10am (Boys) on the morning of the event however please appreciate that this causes additional work for the event organisers and results team.

Uniform

Athletes need to compete in a regional/provincial uniform.

Identification of Age Groups

Two supplied race numbers are required to be worn to help with the identification of the different age groups, especially for commentating purposes. The numbers need to be attached in full view to the front and back of an athlete's singlet and will display the region and the age group of the athlete and have colour coded backgrounds; Yellow for Y9, Blue for Junior and Red for Senior.

Awards ceremony

Medals will be awarded directly after each event to the first three placed teams in each division.

Event timing

Wednesday

7.00pm Initial entry of teams in running order online by Team Managers closes

Saturday

9.00pm Final entry of teams in running order online by Team Managers closes

9.00pm Team information and athlete names in running order downloaded into results package by results team.

Sunday

9.00am Final confirmation of changes to Girls team names in running order

9.30am Girls Relay Y9, Junior and Senior grades compete at the same time

10.00am Final confirmation of changes to Boys team names in running order

10.15am Prize Giving for all three girls grades

10.30am Boys Relay - Y9, Junior and Senior grades compete at the same time

11.15am Prize Giving for all three boys grades

Results

Team results will be provided by finishing order for each event and the teams overall time will be listed with their placing.

These will be posted at the venue asap after the last team finishes.

Individual results will be provided by fastest time for each sex/grade.

Athletes who run in a team grade higher than their normal grade should be recognised in their correct age grade.

Both types of results will be posted on the NZSSAA event page asap after the event.

Sunday Morning Relay Change Form

9am cut off for Girls

10am cut off for Boys

Region: _____

Grade: Girls Y9 Girls Junior Girls Senior
 Boys Y9 Boys Junior Boys Senior
 A Team B Team C Team D Team

Please Note - It is intended that this sheet is not for changing running order, except where and athlete can't now make an early lap.

Running order	Athletes name	Athletes Grade if different from the Teams Grade
1		Y9 Junior
2		Y9 Junior
3		Y9 Junior
4		Y9 Junior
5		Y9 Junior

Team Manager Name: _____

Team Manager Cell Phone: _____

Team Manager signature: _____