

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



**Regional Relay Championships**

**INFORMATION HANDBOOK**

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Updated June 2021

## Section A: GENERAL INFORMATION

### 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 Auckland	Theuns Strydom Rhys Taucher (boys) Simon Hilton (girls)	<a href="mailto:tstrydom@westlake.school.nz">tstrydom@westlake.school.nz</a> <a href="mailto:RTaucher@sacredheart.school.nz">RTaucher@sacredheart.school.nz</a> simon.hilton133@gmail.com
Counties/ Manukau Waikato/BOP	Paul Meads Brad Smith	meadsmob@gmail.com <a href="mailto:b.smith@tbc.school.nz">b.smith@tbc.school.nz</a>
Taranaki Whanganui East Coast North Island	Karen Gillum-Green Alec McNab Geoff Morrison	hurdleandwalk@gmail.com <a href="mailto:Alec.McNab@collegiate.school.nz">Alec.McNab@collegiate.school.nz</a> <a href="mailto:mrr@hnhs.school.nz">mrr@hnhs.school.nz</a>
Manawatu Wairarapa Wellington	- -	- -
Tasman Canterbury Aoraki Otago Southland	Don Dalgliesh Greg Lautenslager John Gamblin Craig Motley Glen Ward Neville Britton	<a href="mailto:dondalgliesh@xtra.co.nz">dondalgliesh@xtra.co.nz</a> <a href="mailto:greglautenslager@hotmail.com">greglautenslager@hotmail.com</a> <a href="mailto:jgamblin@stbedes.school.nz">jgamblin@stbedes.school.nz</a> <a href="mailto:craig.motley@gmail.com">craig.motley@gmail.com</a> <a href="mailto:gforward@xtra.co.nz">gforward@xtra.co.nz</a> <a href="mailto:nbritton@attention2detail.co.nz">nbritton@attention2detail.co.nz</a>

## **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.

## **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 a second team however only the top finishing team will be eligible to receive medals. Both teams will have their time and placing recorded in the official results.

## **Entry process**

Team managers should aim to have an initial team listed using the NZSSAA web based entry system.

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

Team confirmation forms (to be handed in on Saturday evening).

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 MUST be returned after each athlete completes their leg of the relay. It is intended that these numbers will be used for future events.***

Team managers should have final team lists including running order completed on the official team list (towards the end of this document) handed into the Relays Event Organiser directly following the Saturday prize giving.

A small number of athlete changes will be accepted on official forms (issued to managers) until 9am on the morning of the event however please appreciate that this causes additional work for the event organisers.

### **Uniform**

Athletes need to compete in a regional/provincial uniform.

### **Identification of Age Groups**

A race number is required to be used to help with the identification of the different age groups. The number needs to be attached to the front and back of an athlete's singlet and will display the region and the age group of the athlete.

### **Awards ceremony**

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

### **Event timing**

#### **Sunday**

- |         |  |
|---------|--|
| 9.00am  | Final confirmation of team names in running order                  |
| 9.30am  | Girls Relay Y9, Junior and Senior grades compete at the same time  |
| 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                             |