



**NZSSAA**  
**CROSS COUNTRY CHAMPIONSHIPS**  
Massey University, Palmerston North

**2023**



**TE KUNENGA | MASSEY**  
**KI PŪREHUROA | UNIVERSITY**  
UNIVERSITY OF NEW ZEALAND



New Zealand Secondary Schools  
Athletics Association

## NEWSLETTER

### New Zealand Secondary Schools Cross-Country Championships

Massey University is excited to host the 49th New Zealand Secondary Schools Cross Country Championships and the 7th New Zealand Secondary Schools Regional Cross Country Team Relay Championships on June 17th and June 18th 2023. The Championships will be held at the Sport & Rugby Institute, which is located on Massey's Manawatu Campus. Massey last hosted the Championships in 2014 and after a successful event 9 years ago, the region is looking forward to another weekend of excellent competition.

This newsletter is the first of two that we will produce. The purpose of this first newsletter is to whet your appetite for the Championships in June, to circulate some brief material about the event, races and proposed courses, and to provide you with accommodation and logistical information for Palmerston North so that you can book your stay here in the Manawatu well in advance.

Registrations are not yet open but keep an eye on the NZ Secondary Schools Athletics Association website for entry procedure details early in Term II. For more information and announcements, especially as we get closer to June, we strongly encourage you to go to the NZSSAA Facebook page as well as the specific NZSS Cross Country Championships 2023 Facebook page. Like and follow these pages as they will be updated regularly as the Championships approach.

Massey University, the Local Organising Committee and the Manawatu community look forward to seeing you all in mid-June for an awesome weekend of secondary school cross country.

Regards,

Jacob Oram  
Massey University Sport Advancement Manager, &  
2023 NZSSAA Cross Country Championships LOC Chair

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### KEY DATES

- Early in Term II – Championship registrations open
- Early June – Registrations close
- Friday June 16th pm – Managers meeting & course inspection
- Saturday June 17th am & pm – Secondary Schools Cross Country Championships
- Sunday June 18th am – Regional Relay Championships



# RACE INFORMATION

Participation in these Championships is open to any student Year 9 or above, who attends a New Zealand Secondary School or home school affiliated to NZSSAA.

There will be individual secondary school cross country races for Year 9, Junior and Senior girls and boys. There will also be team relays for the same age groups, but these will be regional teams, not secondary schools.

Age grade information below:

- All runners must have turned 13 prior to 31st December 2023.
- Year 9: Athletes must be in Year 9 and under age 15 as of 31st December 2023 (born on or after 1st January 2009).
- Junior: Athletes must be under age 16 as of 31st December 2023 (born on or after 1st January 2008).
- Senior: Athletes must be under age 20 as of 31st December 2023 (born between 1st January 2004 and 31st December 2007).
- Para: As for Year 9, Junior and Senior grades except ORS funded athletes can be under age 22 as of 31st December 2023 (born on or after 1st January 2002).

# COURSE INFORMATION

Similar to 2014, the course at Massey University will be a traditional cross country course with a mixture of flat sports fields and undulating farmlands. There are two options that the LOC are currently working through (below), and while the final course in June might be slightly different to either of these, the proposed courses will give you an idea of potential layouts.

Proposed Course A



Proposed Course B



# PALMERSTON NORTH INFORMATION

To ensure you are able to secure accommodation, please see the link for information on Palmerston North hotels, motels, lodges, B&B's, and campgrounds. [Palmerston North accommodation options.](#)

Explore these links for more information on Palmerston North [cafes and restaurants](#), as well as [general attractions](#) to see and do while in the region.

**Thanks To  
Event Partners:**

