

NEW ZEALAND SECONDARY SCHOOLS CROSS-COUNTRY CHAMPIONSHIPS

Massey University Manawatu Campus

Palmerston North – June 17/18 2023

To All New Zealand Secondary Schools,

WELCOME

Welcome to the 49th running of the New Zealand Secondary Schools Cross-Country Championships and the 7th New Zealand Secondary Schools Regional Cross-Country Team Relay Championships to be held at the Massey University Sport & Rugby Institute, Palmerston North.

In 2014 the NZ Secondary School Cross Country Championships were held at Massey, which were a great success with high participant numbers and quality races. This year promises to be no different and the Local Organising Committee (LOC) have put in a tremendous amount of time to ensure the 2023 Secondary Schools Championships and the Regional Team Relay Championships are a memorable experience for all involved.

EVENT ORGANISERS

Massey University is the host and lead organisation, with a LOC put together by the University. The LOC includes representatives from Massey, Palmerston North Boys High School, and Feilding Moa Harrier & Athletic Club, with additional support provided by individuals from Feilding High School, Sport Manawatu, and Nga Tawa Diocesan School.

Massey University has an extensive history of hosting sporting events, of any sport, age, profile, or scale. Specifically with regards to athletics, Massey's Manawatu campus regularly hosts regional and national athletics events on the Manawatu Community Athletics Track, or cross country events on the recreation fields and surrounding farmland. Massey is committed to sport and recreation and understand the positive benefits of being active and competitive.

COURSE

The 2000 metre championship course starts and finishes in front of the Massey University Sport & Rugby Institute (SRI) on the Manawatu campus. It includes approximately 550 metres of flat sports field and 1450 metres of undulating farmland with a bit of a reputation for being slippery at this time of the year. Elevation gain of around 25m per 2km lap. The course is suitable for spiked or lugged shoes. Barefoot runners compete at their own risk and will find traction especially difficult under wet conditions.

START: All races start beside the campus hockey turf, with the first 180 metres straight, then two wide curves towards the Albany Drive road crossing (woodchip/carpet laid here for spikes).

FARM SECTION: Once across the road the course enters farmland, going parallel to Albany Drive towards Old West Rd. This section is all flat. Half way along is the turnoff for a shorter lap of 1000m (see below). At 750m there is a right turn leading to a short rise, followed by a gradual climb towards the 1km mark. A near hairpin turn takes you to a fast downhill slope. Pass through a farm gateway and then commence an undulating section, criss-crossing a shallow water course three times (dry at present but you should expect water in mid-June). With 200 metres to go there is narrow left bend – plan your tactics before this - and a short, slippery if wet, downhill back to the Albany Drive road crossing.

FINISH: The finish line awaits just 100m away directly in front of the Sport Institute.

SHORT LAP: A 1000m lap follows the main course about half way along the Albany Drive section. At around 650m it veers right, up a short rise, right again and heads back to the road gateway.

LAP CONTINUATION: For multiple laps, runners will be directed to the right of the Finish line chute, past the SRI buildings to rejoin the course about 100m later.

The course map is below, and will also be posted on the [NZSSAA website](#) and [New Zealand Cross Country Championship 2023 Facebook page](#). Please note: there are a couple of modifications from the course options in the first newsletter.



The courses for each grade are as follows:

- **Year 9 Girls, Year 9 Boys and Junior Girls (3km)** = 1 x 1km lap, 1 x 2km lap
- **Senior Girls, Junior Boys (4km)** = 2 x 2km laps
- **Senior Boys (6km)** = 3 x 3km laps
- **Para Athletes (2km)** = 2 X 1km laps (see information below)

PARA ATHLETES: Para Athletes who wish to run the full distance in their correct age grade, will do so with non-para athletes. In this case, their placings will count in the overall results for their school team and also have their Para performance recognised separately.

- **Female:** Para athletes in any grade who wish to compete in the 2000m event will start with the Senior Girls and do two 1km laps.
- **Male:** Para athletes in any grade wishing to compete in the 2000m event will start with the Junior Boys and complete two 1km laps.

MASSEY UNIVERSITY SPORT & RUGBY INSTITUTE – LOCATION, ENTRY & PARKING

If travelling from Palmerston North city, the Massey Sport & Rugby Institute can be found as follows:

- Head down Fitzherbert Avenue and cross the Manawatu River on to Tennent Drive

- Turn left off Tennent Drive into Massey campus (Main Drive)
- Turn left into University Avenue and follow signs to Orchard Road car park
- 1000 car parks available so plenty of space, and FOC on weekends
- <https://www.google.com/maps/@-40.3857652,175.6184956,17z>
- The Sport & Rugby Institute is located 200m from the Orchard Road carpark (past the hockey turf)
- <https://www.massey.ac.nz/student-life/campus-guides-maps/manawat%C5%AB-campus-guide-maps/maps-parking-for-manawat%C5%AB-campus-in-palmerston-north/>

No vehicles are permitted on the SRI fields, in the SRI car park (these will be used for organisers, event personnel, and volunteers), or down Albany Drive itself (yellow lined no parking area). All participant parking must be within the Orchard Road car park.

PROGRAMME OF EVENTS

Friday 16th June

2:00pm – 5:00pm

- Course open for inspection and a light jog. Schools are asked to not arrive before 2:00pm.
- Managers Packs will be available in the SRI Syndicate Room, located just inside the front doors of the SRI. Packs will only be issued to team managers and not individual athletes.
- As there is no Manager's meeting, any technical questions can be asked at this time.
- Pre-ordered merchandise will also be available for pick up at this time.

Saturday 17th June – New Zealand Secondary Schools Cross Country Championships

8:00am – Course open for inspection. Remaining managers packs will be available for collection.

10:30am – Junior Girls (3km)

11:10am – Junior Boys / Para Boys (4km / 2km)

11:50am – Year 9 Girls (3km)

12:30pm – Year 9 Boys (3km)

1:10pm – Senior Girls / Para Girls (4km / 2km)

1:50pm – Senior Boys (6km)

4:30pm – Awards Ceremony. Venue: TBC

Sunday 18th June – Regional Team Relay Championships Race

Packs for each region will be available at the SRI Syndicate Room for Regional Managers to collect on Friday June 16th from 2pm. Anticipated teams and running order should be entered on the NZSSAA website at this time but changes can be made before the relay race (see relays information sheet for details). 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. Athletes will also be given a ribbon to pin to their shoulder to help identify which category they are racing in.

8:30am (Sunday June 18th) – Final confirmation of teams in running order to the SRI's Syndicate Room.

9:00am – 5 x 2km Girls Relay. Y9, Junior and Senior grades. Each athlete completing two laps of the 1km course.

9:45am – Prize-giving for all three Girls grades age groups.

10:00am – 5 x 2km Boys Relay. Y9, Junior and Senior grades. Each athlete completing two laps of the 1km course.

10:45am – Prize-giving for all three Boys grades age groups.

ENTRY INFORMATION & FEES

Please visit the NZSSAA website for detailed [entry procedures](#) and information on [fees](#).

GENERAL

Palmerston North Accommodation, Entertainment and Hospitality

There are many accommodation options in Palmerston North, including motels, hotels and campgrounds, farmstays and B&B's. Please refer to the website [Palmerston North accommodation options](#) for full details.

For eating and catering options, follow this [link](#), and if you want to get out and about then check out these [active experiences](#).

Additional Information

Managers will receive one or more complimentary programmes in their team packs, based on team entry numbers. No programmes will be printed for individual athletes or for sale to the public.

We strongly recommend that you **regularly check the NZSSAA website** for further announcements including: merchandise sales, course maps, entry procedures, para athlete classification, and health and safety.

Coaches, managers, athletes, parents and supporters are encouraged to Like and Follow the [NZ Secondary School Athletics Association](#) Facebook page, as well as the event specific [2023 NZ Secondary Schools Cross Country](#) Facebook page, as they will be updated regularly as the Championship approaches.

We look forward to seeing you all in Palmerston North in June.

Jacob Oram, LOC Chair

Thanks to those organisations who have provided planning, administration, volunteer, or financial support:



Palmerston North
Boys' High School
Established 1902



NGA TAWA
DIOCESAN SCHOOL

