

NZSSAA REGIONAL CROSS COUNTRY RELAYS CHAMPIONSHIPS

REGIONS:

- Northland/North Harbour
- Auckland
- Counties Manukau
- Waikato BOP
- Taranaki
- Whanganui
- East Coast North Island
- Manawatu
- Wairarapa
- Wellington
- Tasman
- Canterbury
- Aoraki
- Otago
- Southland

Age Groups/Grades

All grades are the same as for the Individual Championships, that being Year 9, Junior and Senior. In addition to the Girls and Boys competition there will now be a Mixed competition where at least two of the four team members must be girls. There is no set running order required.

Course/Distances/Teams

The event shall comprise of four athletes each completing a distance of 2000m. The 2000m distance will comprise of two x 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. If an athlete is unable to compete on the Saturday, their Relay Team Manager must request a dispensation from the NZSSAA Entry Co-Ordinator to allow them to compete. This would only be approved in exceptional circumstances as the intent is that all athletes will compete on Saturday before again competing on Sunday.

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 unless the combination of regions has been approved by NZSSAA. 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) although only the top finishing team will be eligible to receive medals. All teams will have their time and placing recorded in the official results.

No athlete can compete more than once on Sunday. Teams that don't have the required number of runners should just run until all their runners have had one turn each.

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

Entry Process

Team managers should aim to have an initial team listed using the NZSSAA online entry system. Team managers should collect their regions race pack from the Information/Help Desk from 2:00 pm Friday afternoon onwards. This pack will contain:

- Last minute change forms. These are to be handed to the Relay Event Coordinator at the Information/Help Desk no later than 8:30 am Girls, 9.30am Boys/Mixed on the Sunday morning.
- Race numbers and safety pins (to be worn front and back).
- ***Please note ALL relay race numbers with their pins attached MUST be returned after each athlete completes their leg of the relay. It is intended that these numbers will be used for future events.***

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. (See separate document for an explanation of the race numbers and how to identify the teams)

Medal 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 online by Team Managers closes

Saturday

8.00pm Final entry of teams (with as correct as possible running order) online by Team Managers closes

8.00pm Team information and athlete names are downloaded into results package by results team.

Sunday

8.30am Final confirmation of changes to Girls team names in running order

9.00am Girls Relay Y9, Junior and Senior grades compete at the same time

9.30am Final confirmation of changes to Boys/Mixed team names in running order

9.45am Medals Presentation for all three Girls grades

10.00am Boys/Mixed Relay Y9, Junior and Senior grades compete at the same time

10.45am Medals Presentation for all three Boys and all three Mixed grades

Sunday Morning Relay Change Form – 8.30am Girls 9.30am Boys/Mixed cut off

Region: _____ **Team (A, B etc)** _____

Grade: Girls Y9 Girls Junior Girls Senior
 Boys Y9 Boys Junior Boys Senior
 Mixed Y9 Mixed Junior Mixed Senior

Running order	Athletes name
1	
2	
3	
4	

Team manager signature: _____

mobile phone number: _____

Sunday Morning Relay Change Form – 8:30am Girls 9.30am Boys/Mixed cut off

Region: _____ **Team (A, B etc)** _____

Grade: Girls Y9 Girls Junior Girls Senior
 Boys Y9 Boys Junior Boys Senior

Running order	Athletes name
1	
2	
3	
4	

Team manager signature: _____

mobile phone number: _____

Sunday Morning Relay Change Form – 8.30am Girls 9.30am Boys/Mixed cut off

Region: _____ **Team (A, B etc)** _____

Grade: Girls Y9 Girls Junior Girls Senior
 Boys Y9 Boys Junior Boys Senior
 Mixed Y9 Mixed Junior Mixed Senior

Running order	Athletes name
1	
2	
3	
4	

Team manager signature: _____

mobile phone number: _____

Sunday Morning Relay Change Form – 8:30am Girls 9.30am Boys/Mixed cut off

Region: _____ **Team (A, B etc)** _____

Grade: Girls Y9 Girls Junior Girls Senior
 Boys Y9 Boys Junior Boys Senior

Running order	Athletes name
1	
2	
3	
4	

Team manager signature: _____

mobile phone number: _____

Sunday Morning Relay Change Form – 8.30am Girls 9.30am Boys/Mixed cut off

Region: _____ **Team (A, B etc)** _____

Grade: Girls Y9 Girls Junior Girls Senior
 Boys Y9 Boys Junior Boys Senior
 Mixed Y9 Mixed Junior Mixed Senior

Running order	Athletes name
1	
2	
3	
4	

Team manager signature: _____

mobile phone number: _____

Sunday Morning Relay Change Form – 8:30am Girls 9.30am Boys/Mixed cut off

Region: _____ **Team (A, B etc)** _____

Grade: Girls Y9 Girls Junior Girls Senior
 Boys Y9 Boys Junior Boys Senior

Running order	Athletes name
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Team manager signature: _____

mobile phone number: _____