

2024



**New Zealand Secondary Schools
Cross Country Championships
QE2 & Ascot Parks
Ōtautahi Christchurch
Saturday 15th & Sunday 16th of June**



The 50th NZSSAA Cross Country Championships

Thank you to our sponsors and supporters—please support them



New Zealand
Carbon Farming

Merchandise



Hoodies—\$80 plus postage



Tee Shirts—\$35 plus postage

Orders taken at the venue (which will include a postage charge)

Orders can be made online until Friday 21st June

Follow Merchandise link on <https://nzssaa.org.nz/>





NZSSAA President's Message of Welcome



I extend on behalf of the NZ Secondary Schools Athletics Association Executive a very warm 'Welcome' to our athletics friends and family to celebrate the 50th Anniversary staging of the of NZ Secondary Schools Cross Country Championships and the 8th Interprovincial Regional Relays Championships. I also extend a special welcome to our Australian visitors from Brisbane.

Like 50 years ago with the original initiative for the inaugural Schools Track & Field Championships meeting held right here in the environment of the greater sporting complex at QE II stadium our pioneering Canterbury LOC saw it fit to initiate the inaugural Secondary Schools Cross Country Championships on the back of the success of the Track & Field Championships.

This original Cross Country Championships supported by Mt Cook Airlines was held exactly 51 years ago (2020 missed due to Covid) to the day on 15 June 1974. It was held ten minutes away at Cuthbert Green near Cowles Stadium. This inaugural championship attracted 330 boys and 207 girls. In the Senior Girls the title went to Barbara Moore with Alison Deed runner up, both becoming dominant names in NZ distance history with Deed [Roe] winning at the 1981 Boston and New York marathons. The team's competition in the 1st year was 3 athletes to count for Juniors of which the Girls teams title went to Strafford High and Junior Boys to Rongotai College, whereas the Senior Girls and Boys were 5 athletes to count and Avonside Girls and Wanganui Collegiate took these titles respectively.

It was almost 20 years before the event returned to Christchurch this time in 1992, the longest gap for hosting the event before returning regularly again in 1998 in Hagley Park which also hosted the 2000 event, Halswell Quarry in 2007 and 2013, and 2017 here on the same venue as today in 2024 for the 8th occasion in Christchurch.

As of 50 years ago the energy of the LOC for these events was driven primarily by the same group of people who initiated the Track & Field Championships. So today we acknowledge and thank this year's group on the Local Organizing Committee. This committee ably led by our NZSSAA Executive member John Gamblin can be highly commended for their efforts to stage these two majors 50th Anniversary events back-to-back in the city of origin. A city and a hosting space that we acknowledge that a lot of change has occurred due to the events of the 2011 earthquake.

The NZSSAA are constantly looking to be as inclusive as possible and last year introduced a new initiative in providing the opportunity to have mixed relay teams in the Interprovincial cross-country relays and this year we are catering for para-athlete teams. We hope to enhance this team-based competition in Winter Tournament week to give NZSSAA a footprint with the new Road Relay Festival to be held in Auckland on 5th and 6th September paralleling the Interprovincial teams concept and with an Individual Schools relay team.

Christchurch has always welcomed young athletes to its community, not just through schools in the winter distance calendar but with regular opportunity to run the former Takahe - Akaroa relay when a National Championships, now being modified to accommodate traffic management demands with new course concept out at Loburn.

The outcome of these Championships will again see NZSS Cross Country teams selected by NZSSAA. The top ten performing senior athletes from both individual races will be selected for the NZSS Championships [paper] team. Athletes will receive courtesy of **SAS** a complimentary T-Shirt and shoe bag, and a NZSSAA travel subsidy to further their athletic pathway. A further team to travel to the Australian Schools Cross Country in Yarra, Victoria, Australia in late August, will be selected in the week post the Championships. Opportunities for athletes to be in the team can be found on the NZSSAA website <https://nzssaa.org.nz/>

All teams will be outfitted by NZSSAA apparel sponsor **SAS Sports**, who will also take further event merchandise orders for T-shirts and Hoodies post event at the link available on the NZSSAA website. We continue to acknowledge the support through Athletics NZ and NZ Sport Collective for our partner sponsors of **Whaakata Maori, Caltex, Bayleys, Apollo Projects, and NZ Carbon Farming**. Their support is important in our ability to livestream coverage for whanau and friends at home and select teams.

We acknowledge the support of key local community partners including contributions from **Athletics Canterbury, NZ Community Trust, Pub Charity, Christchurch City Council, Abbott Insurance Brokers and Shoe Clinic Christchurch** which enable these school events to be successful events.

For the approximately 800 athletes from 135 schools taking part this weekend, I wish all competitors, officials, team managers, parents, and supporters the very best for a successful championship and a safe journey home and thank you to all for attending. NZSSAA hopes to see many of you again at our next events, the inaugural Schools Road Relay Festival in Auckland on 5th & 6th September and the December Track & Field and Road Race Championships in Timaru.

Yours in sport

Tony Rogers

Tony Rogers
President

Programme cover picture the first Championships held at Cuthberts Green, Christchurch on 15th June 1974.





Leading Results - 1st NZSSAA Cross Country Championships

15 June 1974, Cuthberts Green, Christchurch



Junior Boys - Individual Results

4000 metres

16:19	1	K Amey	Bayfield HS
16:31	2	R Thurlow	Kings HS
16:36	3	N Wilby	Shirley BHS
16:43	4	M Molloy	St Thomas' Cant.
16:45	5	B Stephen	Kings HS
16:51	6	S McAra	Otago BHS
17:03	7	A McLeod	Kaikorai Valley HS
17:08	8	S Horner	Massey HS
17:12	9	C Bowden	Rongotai HS
17:13	10	P Branch	Auckland GS

Junior Girls - Individual Results

3000 metres

13:46	1	M O'Reilly	McKillop C
14:36	2	K Ashton	Lawrence DHS
14:40	3	L Wicks	Lumsden DHS
14:41	4	D Van Rijewyck	Vaird C
14:51	5	J Nolan	St Mary's C
15:01	6	W Mollison	Burnside HS
15:02	7	H Smith	Burnside HS
15:14	8	J Stavely	Stratford HS
15:17	9	S Coleman	Motueka HS
15:22	10	J Anderson	Dunstan HS

Senior Boys - Individual Results

6000 metres

23:58	1	R Williamson	Burnside HS
24:13	2	S Marquet	Linwood HS
24:15	3	S Brucre	Palm Nth BHS
24:19	4	R Burne	Palm Nth BHS
24:21	5	C Earwaker	Rangitoto C
24:32	6	G Anderson	Kings HS
24:36	7	G Banks	Kings C
24:38	8	G Latta	Otago BHS
24:38	9	G O'Brien	Shirley BHS
24:44	10	C Fallows	Wanganui C

Senior Girls - Individual Results

4000 metres

17:30	1	B Moore	Otahuhu C
17:46	2	A Deed	Westlake GHS
18:32	3	A Duncraft	Sacred Heart C
19:09	4	A Bidwell	Avonside GHS
19:13	5	C Thompson	Lumsden DHS
19:19	6	M O'Connell	St Dominics C
19:47	7	C Lister	Rangitikei C
19:58	8	K Rollo	Avonside GHS
20:12	9	C Brett	Avonside GHS
20:12	10	K Ward	Palm Nth GHS

Junior Boys - Teams Results (4 run : 3 count)

Place	School	Points	Total
1	Rongotai C	6 16 19	41
2	Otago BHS	4 10 27	41
3	Nelson C	8 17 18	43
4	Kaikorai Valley HS	5 26 33	64
5	Auckland BC	7 25 39	71
6	Bayfield HS	1 38 46	85

Junior Girls - Teams Results (4 run : 3 count)

Place	School	Points	Total
1	Stratford HS	5 9 26	40
2	Palmerston Nth GHS	8 13 35	56
3	Burnside HS	3 4 50	57
4	Mairehau HS	16 19 29	64
5	Kaikorai Valley HS	7 15 43	65
6	Avonside GHS	12 14 40	66

Senior Boys - Teams Results (6 run : 5 count)

Place	School	Points	Total
1	Wanganui C	8 14 23 26 47	118
2	Burnside HS	1 20 37 42 48	148
3	Kings C	5 16 21 44 70	156
4	Auckland BG	10 15 30 43 61	159
5	Shirley BHS	7 12 19 59 66	163
6	Otago BHS	6 17 49 50 65	187

Senior Girls - Teams Results (6 run : 5 count)

Place	School	Points	Total
1	Avonside GHS	2 3 4 8 9	26
2	Mairehau HS	6 7 10 14 16	53
3	Sacred Heart C (Ch)	1 12 15 18 21	67
4	Burnside HS	5 11 19 20 24	79
5	Timaru GHS	17 22 23 25 28	115



PROGRAMME OF EVENTS



Friday 14th June

2:00pm – 5:00pm

Course open for inspection and a light jog. Schools are asked to not arrive before 2:00pm please.

Managers Packs will be available in the TIC Tent, located near the finish line. Packs will only be issued to team managers and not individual athletes.

As there is no Manager's meeting, any technical questions should be asked at the TIC Tent.

Pre-ordered merchandise will also be available for pick up at this time.

Saturday 15th 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)

Medals and top 10 certificates will be presented as soon after each event at the venue.

4:30pm – Awards Ceremony for Teams medals and the New Zealand Top 12 team announced .

Venue: Shirley Boys/Avonside Girls High School Theatre. Entrance opposite 276 Travis Road. Venue open from 4pm.

Sunday 16th June – Regional Team Relay Championships Race

Packs for each region will be available at the TIC Tent for Regional Managers to collect from 2pm Friday.

Anticipated teams and running order should be entered on the NZSSAA website before arriving at the championships, with final online team confirmations closing at 7pm on Saturday night (to allow downloading of the information into the results package). Changes can be made before the relay race (see relays information sheet for details) but we would prefer only those changes brought about by overnight issues such as injury, sickness or unavailability. 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 and a uniform that reflects their region. (See the separate document describing the race numbers)

Any Sunday team changes must be handed in by 15 minutes before the first race (ie 8.30am) or 30 minutes before the second and third races (ie 8.55am for race 2 and 9.35am for race 3). Teams must be submitted in running order on the forms provided in the Regional Team Mangers Packs.

8.45 am – 4 x 2km Boys Relay - Y9, Junior and Senior grades. Each athlete completing two laps of the 1km course.

9.25 am - 4 x 2km Mixed Relay - Y9, Junior and Senior grades. Each athlete completing two laps of the 1km course.

10.05 am - 4 x 2km Girls Relay - Y9, Junior and Senior grades. Each athlete completing two laps of the 1km course.

Prize-giving for all grades will be held approximately 10 minutes after each race.

Para Teams can compete in all grades and will be awarded Para medals as per the existing Relay Medals rules. Para Teams run 1 x 1k lap each.



Race Rules



General

- This event is run under the race rules of World Athletics, Athletics NZ and NZSSAA.
- This is a sporting event where all competitors, team managers, spectators and officials are to practice good sportsmanship and Fairplay.
- All participating schools must appoint an adult as a team manager, irrespective of the number of athletes competing.
- Competitors are to wear the athletics uniform of their school or for the relays, their region. (no club uniforms)
- Competitors must wear the official number issued for this championship, on the front of their singlet or shirt. This number is not to be altered in any way. The number must be visible to officials at all times during the race, especially at the finish.
- Competitors must follow the instructions of officials prior to, during and after the race. These numbers are not required for the relays as separate race bibs are used to identify teams and grades (see relay rules).
- A competitor may not deliberately impede or obstruct the forward motion of others.
- The responsibility of keeping on the course rests with the competitor.

Protests

- Within 30 minutes of results being posted a competitor, via the team manager, may protest verbally to the Race Referee about the conduct of another competitor or race official, disqualification or an error in the posted results.
- Should the appeal to the Race Referee not be successful the Team Manager may appeal in writing to the Referee who will pass it on to the Jury of Appeal.
- Appeals must be accompanied by a bond of \$50 which may be forfeited at the discretion of the Jury if the protest is regarded as lacking worthiness or there is a lack of evidence or witnesses to back the protest.

Teams Criteria

- Schools with three to five finishers in any event will automatically be entered in that events three-person teams competition.
- Schools with six or more finishers in any event will automatically, be entered in that events three and six person teams competition.

Replacement Runners/Grade Changes

- In order to maintain the ability of a team to achieve a team score runners already entered by the close of entries who are then scratched may be replaced either by eligible runners already entered in another race or by new non entered runners. A form will be provided to managers to record these replacements/grade changes which must then be handed to Race Control.
- Where replacement runners have already been entered in another grade they run with their own allocated number and timing chip. If the replacement runner has not been previously entered, they run using the number and timing chip of the runner they are replacing. There is no extra entry fee required for a replacement runner.
- The form can also be used for runners who have been entered in a grade incorrectly and who wish to compete in another grade.
- This process can occur right up to the start of the race if necessary but early notification of the changes makes the production of correct results easier.

Start Line Procedure

- A start line draw will be issued to managers in their race pack. Each school will be allocated an area inside a start line box. The school's best runner should be at the start line, with other runners from the school, directly behind. Please follow the instructions of the marshals.

Finish Area Procedure

- Cross the finish line and keep moving into the recovery zone. Do not stop on or near to the line as this impedes other runners reaching the finish.
- The supplied timing chip is to be tied to the lace of either shoe. If an athletes shoes don't have laces, then they can collect a cable tie to hold the chip around their ankle. Timing chips must be removed and put in the buckets before leaving the finish recovery area. Athletes may leave the area as soon as they are ready to.



Lane Draws

Each athletes lane number is printed on their race number

One athlete from each school on the front row, then the rest line up behind their front runner

Race 1	Race 2	Race 3	Race 4	Race 5	Race 6
Junior Girls	Junior Boys Para Boys	Y9 Girls	Y9 Boys	Senior Girls Para Girls	Senior Boys
1 - AOTE	1 - AGSB	1 - BARA	1 - AGSB	1 - AVDC	1 - AGSB
1 - BARA	1 - AQU1	1 - BRIS	1 - AQU1	1 - BARA	1 - AQU1
1 - BAYF	1 - BURN	1 - BURN	1 - BRIS	1 - BRIS	1 - ASHB
1 - BRIS	1 - CASH	1 - CASH	1 - BURN	1 - BTHC	1 - BRIS
1 - BURN	2 - CBHS	1 - CGHS	1 - CHBC	1 - BURN	1 - BTHC
1 - STLN	2 - CHCO	1 - CHIL	1 - SUND	1 - CAMB	1 - SUND
2 - CRAI	2 - DARF	2 - CRAI	2 - CBHS	1 - STLN	2 - BURN
2 - DIOC	2 - FRAN	2 - DIOC	2 - CHCO	2 - CASH	2 - CASH
2 - FEIL	2 - GREE	3 - FIOR	3 - FEIL	2 - CGHS	2 - CBHS
3 - KAIA	2 - HTIB	3 - GREE	3 - GERA	2 - CHBC	2 - CHCO
3 - KRIS	2 - JHAR	3 - HAUR	3 - GREE	2 - COLU	2 - CSLC
3 - LGBY	2 - KAPI	3 - HTVH	3 - HAMB	2 - CRAI	3 - FEIL
3 - LINC	2 - KGCA	3 - IONA	3 - HTIB	3 - DIOC	3 - FRAN
3 - MACL	3 - LIND	3 - KAPI	3 - HTVH	3 - EGGS	3 - GLDW
3 - NAPG	3 - MACL	3 - LINC	4 - JHAR	3 - GLDW	3 - GREE
3 - NPLG	3 - MENZ	4 - MLBG	4 - KAIA	3 - GSNZ	3 - HAVE
4 - NEWL	3 - MRWA	4 - MRWA	4 - LINC	3 - HAVE	3 - HTIB
4 - NGTA	3 - MTAS	4 - NAYL	4 - MACL	3 - HTVH	3 - KGCA
4 - OREW	3 - MTMA	4 - NEWL	4 - MDGR	3 - KGCA	4 - KHSD
4 - PIOP	3 - NAYL	4 - NPLG	4 - NELC	3 - KSWY	4 - MACL
4 - PMRG	3 - NELC	5 - NGTA	4 - NPLB	3 - MDGR	4 - MDGR
5 - QHSD	3 - NPLB	5 - OGHS	5 - OBHS	3 - MLBG	4 - MTAL
5 - RONC	4 - KHSD	5 - OTUM	5 - PMRB	4 - MTAL	4 - MTMA
5 - RRGs	4 - OBHS	5 - PAKU	5 - ROLL	4 - NAYL	4 - NAPB
5 - RUTH	4 - PMRB	5 - PMRG	5 - RONG	4 - NGTA	4 - NAYL
6 - SAMU	4 - PPNu	6 - QHSD	5 - SHAK	4 - NPLG	5 - NPLB
6 - SCOT	4 - RGTK	6 - QMAR	6 - SCOT	5 - ONEH	5 - OBHS
6 - SHGN	4 - ROLL	6 - SCOT	6 - SLDB	5 - ONSL	5 - ONSL
6 - SHLH	4 - RONC	6 - SHGN	6 - SPTS	5 - OTMH	5 - PMRB
6 - STAC	4 - RONG	6 - STKT	6 - STPA	5 - PMRG	5 - PPNu
6 - STKV	4 - ROTB	6 - STMG	7 - STCC	5 - PPNu	6 - RAHS
7 - STMG	5 - SHAK	7 - STPC	7 - STPC	5 - PPNu (Para)	6 - ROLL
7 - STPC	5 - SHIR	8 - STRA	7 - TRGB	5 - QHSD	6 - RONC
7 - TAWA	5 - STAC	8 - TIMG	8 - TAWA	5 - QMAR	6 - RONG
7 - TRGG	5 - STKV	8 - TPOA	8 - TIMB	5 - RRGs	6 - ROTB
8 - TPOA	6 - SPTS	8 - TRGG	8 - TPOA	6 - RONC	6 - SHAK
8 - UPPE	6 - SPTW	9 - VILL	8 - WAKA	6 - ROTL	7 - SCOT
8 - VERD	6 - STCC	9 - WEGC	9 - WLCO	6 - SAMU	7 - SHIR
8 - VILL	6 - STPA	9 - WENT	9 - WNCS	6 - SCOT	7 - SLDB
8 - WKDS	6 - STPC	9 - WMEA	9 - WNHS	6 - SHGN	7 - SPTS
8 - WMEA	6 - WNCS	9 - WOOD	10 - WTLB	6 - SHLH	7 - SPTW
9 - WLGC	7 - TIMB	10 - WLGC		6 - SLDG	7 - STAC
9 - WLHS	7 - TPOA			6 - STAC	7 - STBD
9 - WTLG	7 - TRGB			7 - STCU	7 - STPA
10 - WNCS	8 - WAKA			7 - STMG	8 - STCC
	8 - WLCO			8 - STMW	8 - STPC
	8 - WMEA			8 - STPC	8 - TRGB
	8 - WTLD			8 - STPG	9 - TIMB
	9 - WTLB			8 - TAKA	9 - WAKA
	10 - HAVE (Para)			8 - TRGG	9 - WLCO
	10 - HTVH (Para)			9 - TEAR	10 - WNCS
	10 - ONSL (Para)			9 - VILL	10 - WTLB
	10 - PPNu (Para)			9 - WAIO	
	10 - SHIR (Para)			9 - WAKA	
				9 - WEGC	
				9 - WTLD	
				10 - WLGC	
				10 - WNCS	



Regional Relays Championships — 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.

In 2023 a mixed category was added to the program in all three age categories. Mixed teams must comprise a minimum of two female athletes in each team. In 2024 Para Athlete teams can compete in all divisions

Regions

NHB	North Harbour—Northland	WAI	Wairarapa
AKL	Auckland	WLG	Wellington
CMA	Counties/ Manukau	TAS	Tasman
WBP	Waikato/BOP	CAN	Canterbury
ECN	East Coast North Island	AOR	Aoraki
TAR	Taranaki	OTG	Otago
WNG	Whanagnui	STH	Southland
MAN	Manawatu		

Age groups/ grades

Year 9 Girls/Boys/Mixed/Para

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

Junior Girls/Boys/Mixed/Para

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

Senior Girls/Boys/Mixed/Para

U20 years as at 31 December in the year of the event. (ORS funded Para Athletes Under 22)

Any athlete is able to run 'up' a grade, e.g. A Y9 girl could compete in a junior or senior relay team

be it in the girls or mixed grades.

Course/Distances/Teams

The event shall comprise of four different athletes each completing a distance of 2000m (Para athletes 1000m).

No athlete may compete more than once on the Sunday.

The 2000m distance will comprise of two 1000m laps (Para's one) 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 (except Para athletes who cross the finish line after 1000m).

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.

Relay Entry process

Here is the link you will need for your entries: <https://entries.co.nz/o/nzssxcrelays2024/> (Regional Selectors/Managers only)

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/help centre from Friday afternoon onwards. This pack will contain:

- 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 must have final team lists including running order completed online by 7pm on Saturday night.

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.

A small number of athlete changes will be accepted on official forms until 8.30am Boys, 8.55am Mixed and 9.35am Girls on the morning of the event however please appreciate that this causes additional work for the event organisers and the results team.

Uniform

Athletes need to compete in a regional/provincial uniform. This is the only way that announcers can identify B, C etc teams.

Identification of Age Groups

The 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. The code will start with 9 for Y9, J for Junior, S for Senior, P and grade for Para, B for B team, C for C team etc. Then it will have the lap number from 1 to 4. Finally it will have the regions three letter code (first two letters for Para A teams).

Each team will be given a relay baton at the start which includes a timing chip. These will be taken back after the team finishes.

Medal Ceremony

Medals will be awarded approximately 10 minutes 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

7.00pm 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 Boys team names in running order

8.45am Boys Relay Y9, Junior and Senior grades including Boys Para teams. Each athlete completes 2 laps (Para athletes 1 lap) of the 1km course

8.55am Final confirmation of changes to Mixed team names in running order

9.25am Mixed Relay Y9, Junior and Senior grades including Mixed Para teams. Each athlete completing 2 laps (Para athletes 1 lap) of the 1km course

9.35am Final confirmation of changes to Girls team names in running order

10.05am Girls Relay Y9, Junior and Senior grades including Girls Para teams. Each athlete completing 2 laps (Para athletes 1 lap) of the 1km course



Officials - Saturday



NZSSAA Representative	Tony Rogers
NZSSAA Entries Secretary	John Tylden
LOC Chair	John Gamblin
LOC Members	Jacqui Restieaux (Merchandise), Sandra Pooch (Prize Giving), Paul Norton (Announcers), Eddie Cropley (Funding Applications)
Race & Technical Manager	John Gamblin
Course & Assistant Race Manager	Victor Gamperle
Assistant Course Managers	John Ingles, James Rogal
Course Setup (Friday 8.30am)	John Gamblin, Victor Gamperle, Robert Holland, John Ingles, John Palmer, Diana Phipps, Kevin Prendergast, James Rogal
Referee	Belinda Leckie
Assistant Referee's	Avril Davies, John Gamblin, Victor Gamperle, John McBrearty, Mark Peters, Trevor Spittle
Jury of Appeal	Tony Rogers (Chief), Geoff Shaw or Brad Smith, Don Mackenzie
Information Help Desk	Shona Brown, Sandie Gamperle, Anne Kennedy, Jacqui Restieaux
Announcers	Paul Norton, Luke Mitchell, Chanel Muir, Chloe Hughes
Live Stream Commentators	Mark Rosanowski, Angie Petty
Starts Referee	John McBrearty
Starter	Kevin Prendergast
Start Assistants	Brad Smith, Peter King, John Palmer, Robyn Perkins, Mark Peters
Course Splitter - Lap Marshall	John Ingles
Course Marshalls	#1) Bill Grogan, #2) James Rogal, #3) Bill Boyd, #4) Sue Johnson
Chief Timekeeper, Judge & Results	Craig Brown
Results Team	Shona Brown, Anne Kennedy, Diana Phipps, Emily Price, Brian Theobald
Finish Line Photo Finish Operator	Emily Price
Printer Stopwatch Timekeeper	Priscilla Blanchet, Bernadette Jago
Finish Line Video	Annette Campbell
Chute Marshalls	Peter King (Chief), John Palmer, Robyn Perkins,
Medal Presentations	Sandra Pooch (Chief) Tony Rogers, Annette Campbell, Don Mackenzie, Andrew Stark
Prize Giving Certificates	Craig Brown
First Aid	Patrick Lewis of ProMed, Avril Davies, John Gamblin, Sandie Gamperle, Victor Gamperle, John Ingles, Robyn Perkins, Jacqui Restieaux
Officials Morning Tea & Lunch	Ray King and Faye & Bob Fyfe



Officials - Sunday Morning



NZSSAA Representative	Tony Rogers
NZSSAA Entries Secretary	John Tylden
NZSSAA Relay Co-Ordinator's	Brad Smith, John Gamblin
LOC Chair	John Gamblin
LOC Members	Jacqui Restieaux (Merchandise), Sandra Pooch (Prize Giving), Paul Norton (Announcers), Eddie Cropley (Funding Applications)
Race & Technical Manager	John Gamblin
Course & Assistant Race Manager	Victor Gamperle
Assistant Course Managers	John Ingles, James Rogal
Course Setup (Friday 8.30am)	John Gamblin, Victor Gamperle, John Ingles, James Rogal
Referee:	Belinda Leckie
Assistant Referee's	Avril Davies, John Gamblin, Victor Gamperle, John McBrearty, Mark Peters, Trevor Spittle
Jury of Appeal	Tony Rogers (Chief), Geoff Shaw or Brad Smith, Trevor Spittle
Information Help Desk	Shona Brown, Sandie Gamperle, Anne Kennedy, Jacqui Restieaux
Announcers	Paul Norton, Paris Carroll
Starts & Change Referee	John McBrearty
Starter	Kevin Prendergast
Start & Change Assistants	Brad Smith, John Ingles, Peter King, Mark Peters
Course Marshalls	#1) Bill Grogan, #2) James Rogal, #3) Bill Boyd, #4) Sue Johnson
Chief Timekeeper, Judge & Results	Craig Brown
Results Team	Shona Brown, Anne Kennedy, Diana Phipps, Emily Price, Brian Theobald
Finish Line Photo Finish Operator	Emily Price
Printer Stopwatch Timekeeper	Bernadette Jago
Medal Presentations	Sandra Pooch (Chief) Tony Rogers, Andrew Stark
First Aid	Patrick Lewis of ProMed, Avril Davies, John Gamblin, Sandie Gamperle, Victor Gamperle, John Ingles, Jacqui Restieaux
Course Pack Down (Sunday AM)	Canterbury Cross Country Relay Team members and their families



NZSSAA— General Information



The New Zealand Secondary Schools Athletics Association was formed in Christchurch at the beginning of 1973 by a small group of secondary school teachers.

The aims of the association are:

- a) To organise New Zealand Secondary School Championships annually in various centres throughout New Zealand.
- b) To encourage participation in athletics of Secondary School pupils from every New Zealand secondary school.
- c) When financially possible, to organise and select teams to take part in international competition.
- d) To advance the interest of athletics generally and of secondary school athletics in particular.

NZSSAA Office Holders and Executive 2024

Barry Magee	Patron
Tony Rogers	President/Chairman
Ange Russek	Secretary & Central North Island regional representative
Brad Smith	Treasurer
Geoff Shaw	Committee
Paul Meads	Committee
Judith Revell	Committee
Rachel Hulls	Committee
Glen Ward	Southern South Island regional representative
John Gamblin	Northern South Island regional representative
Alec McNab	Southern North Island regional representative
Jakub Kalinowski	Northern North Island regional representative

Life Members

Alan Bennett
Graeme Daly
Mike Lindroos
Alec McNab
Murray McRae
John Tylden
Marie Washbourn
Don Willoughby
Glen Ward

Past Life Members

Natalie McRae
John McTaggart
Don Chadderton



NZSSAA International Cross Country Representative Teams



DATE	EVENT	VENUE
Aug 1976	NZ v Victoria	Australia
Aug 1981	NZ v Interstate Championships	Australia
Jul 1983	Australian All Schools Championships	Canberra
Aug 1988	NZ v Australia	Tasmania
Aug 1993	Australian Age Group Championships	Melbourne
Aug 1994	Australian Age Group Championships	Melbourne
Aug 1995	Australian Age Group Championships	Tasmania
Aug 1997	Australian All Schools Championships	Adelaide
Sep 2001	Australian All Schools Championships	Hobart
Apr 2008	World Cross Country Championships	Czech Republic
Apr 2010	World Cross Country Championships	Slovakia
Aug 2011	Australian All Schools Championships	Canberra
Mar 2012	World Cross Country Championships	Malta
Aug 2012	Australian All Schools Championships	Adelaide
Aug 2013	Australian All Schools Championships	Launceston
Aug 2014	Australian All Schools Championships	Albany
Aug 2015	Australian All Schools Championships	Melbourne
Apr 2016	World Cross Country Championships	Hungary
Aug 2016	Australian All Schools Championships	Canberra
Aug 2017	Australian All Schools Championships	Hobart
Apr 2018	World Cross Country Championships	France
Aug 2018	Australian All Schools Championships	Sunshine Coast
Aug 2019	Australian All Schools Championships	Wollongong
Apr 2020	World Cross Country Championships (cancelled)	Slovakia
Aug 2022	Australian All Schools Championships	Adelaide
Aug 2023	Australian All Schools Championships	Canberra
May 2024	World Cross Country Championships	Kenya





NZSSAA Cross Country Events History



	EVENT NUMBER	NAME	VENUE
1974	1 st	Mt Cook Airlines Champs	Christchurch
1975	2 nd	Mt Cook Airlines Champs	Palmerston North
1976	3 rd	Mt Cook Airlines Champs	Nelson
1977	4 th	Mt Cook Airlines Champs	Wanganui
1978	5 th	Mt Cook Games	Timaru
1979	6 th	Mt Cook Games	Te Awamutu
1980	7 th	Mt Cook Games	Blenheim
1981	8 th	Mt Cook Games	Stratford
1982	9 th	Mt Cook Games	Oamaru
1983	10 th	Mt Cook Games	Thames/Paeroa
1984	11 th	Mt Cook Games	Rangiora
1985	12 th	Mt Cook Games	Levin
1986	13 th	ACC	Nelson
1987	14 th	ACC	Fielding
1988	15 th	ACC	Timaru
1989	16 th	ACC	Kawerau
1990	17 th	ACC	Blenheim
1991	18 th	Smokefree	Wanganui
1992	19 th	Smokefree	Christchurch
1993	20 th	NZSSAA	Cambridge
1994	21 st	NZSSAA	Oamaru
1995	22 nd	NZSSAA	Masterton
1996	23 rd	NZSSAA	Nelson
1997	24 th	NZSSAA	Taradale
1998	25 th	NZSSAA	Christchurch
1999	26 th	ASB	Te Aroha
2000	27 th	Adidas	Christchurch
2001	28 th	Adidas	Auckland
2002	29 th	Adidas	Blenheim
2003	30 th	Adidas	Upper Hutt
2004	31 st	NZSSAA	Wingatui
2005	32 nd	New Balance	Wanganui
2006	33 rd	New Balance	Tauranga
2007	34 th	New Balance	Christchurch
2008	35 th	NZSSAA	New Plymouth
2009	36 th	NZSSAA	Nelson
2010	37 th	NZSSAA	Waikanae
2011	38 th	NZSSAA	Ashburton
2012	39 th	NZSSAA	Auckland
2013	40 th	NZSSAA	Christchurch
2014	41 st	NZSSAA	Palmerston North
2015	42 nd	Perpetual Guardian	Dunedin
2016	43 rd & 1 st Relay	Podium Podiatry and Footwear	Rotorua
2017	44 th & 2 nd Relay	NZSSAA	Christchurch
2018	45 th & 3 rd Relay	Podium Podiatry and Footwear	Taupo
2019	46 th & 4 th Relay	Trust Aoraki	Timaru
2020		Not held due to Covid-19	
2021	47 th & 5 th Relay	NZSSAA	Hawera
2022	48 th & 6 th Relay	NZSSAA	Nelson
2023	49 th & 7 th Relay	NZSSAA	Palmerston North



W H A K A A T A
M Ā R I



CALTEX®



New Zealand
Carbon Farming





Prize Giving



Team Medals, Winners Plaques and NZSSAA Team Announcement

This years formal Prize Giving will be held in the Shirley Boys and Avonside Girls High School Theatre opposite 276 Travis Road. Follow the signs from the Travis Road entrance.

There is a small amount of parking on the school grounds.

Please do not park in the shopping complex car parks.

If parking on the road, please do not park over driveways.

The venue will hold 600 people so please come and acknowledge our top athletes.

Note - Top three medals and certificates for Top 10 in each race will be presented at the finish area straight after each race.

Order Of Ceremonies

4.00pm	Venue opens
4.20pm	Please be seated by 4.20pm
4.30pm	Welcome by NZSSAA President Tony Rogers

Each presentation will follow this order:

- 3 person team medals, 6 person team medals, Para team medals

- Order of Grades:

- Junior Girls
- Junior Boys
- Year Nine Girls
- Year Nine Boys
- Senior Girls
- Senior Boys

Presentation to the NZSSAA Cross Country Championship Team (the top 10 in each senior race)

Presidents concluding remarks including announcing the 2025 venue.

5.30pm approx. Prize Giving concludes





Relay Team Size

Teams of four athletes complete 4 individual legs.

Distance & Laps

Each runner runs 2 laps of the 1k relay course. At the end of the first lap they turn right before the finish and go over the hurdle nearest the finish. Only those finishing their second lap cross the change/finish line at the end of 2k. Para teams only complete one 1k lap each (4 x 1k)

Direction

The course is run in a clockwise direction.

Hurdles

The first lap has one hurdle, and the second lap has two hurdles. Athletes can go over the hurdle or take a long cut around the far end of the hurdle.

Changes

Athletes running the next lap must que in the holding pen past the finish line and on the outside of the course and only come onto the course when their previous runner is crossing the finish line.

New Zealand Secondary Schools Cross Country Relay Championships Course Map
Sunday 16th June 2024 - QE2 & Ascot Parks, Ōtautahi Christchurch

Distances & Laps

3000m

2 x 1.5k laps

4000m

1 x 1k lap, then
2 x 1.5k laps

6000m

4 x 1.5k laps

Direction

The course is run
in a clockwise
direction.

Hurdles

The first lap has
one hurdle, and
all other laps
have two hurdles.

Athletes can go
over the hurdle or
take a long cut
around the far
end of the hurdle.



New Zealand Secondary Schools Cross Country Championships Course Map
Saturday 15th June 2024 - QE2 & Ascot Parks, Ōtautahi Christchurch