

## 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.

Separate Para events will be held for all above grades with team medals being awarded as per rules below.

### 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

Regional Team managers should aim to have an initial team listed using the NZSSAA online entry system and should collect their regions race pack from the TIC tent 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 15 minutes before the first race and 30 minutes before the next 2 races 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 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

**Sunday Morning Relay Change Form – 8.30am Boys, 8.55am Mixed, 9 35am Girls 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

Para (circle Para as well as the grade above if your team is a Para team).

Running order	Athletes name
1	
2	
3	
4	

**Team manager signature:** \_\_\_\_\_

**mobile phone number:** \_\_\_\_\_

**Sunday Morning Relay Change Form – 8.30am Boys, 8.55am Mixed, 9 35am Girls 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

Para (circle Para as well as the grade above if your team is a Para team).

Running order	Athletes name
1	
2	
3	
4	

**Team manager signature:** \_\_\_\_\_

**mobile phone number:** \_\_\_\_\_