

NEW ZEALAND SECONDARY SCHOOLS CROSS-COUNTRY CHAMPIONSHIPS

Barge Park, Whangarei

Saturday June 14th and Sunday 15th 2025

To All New Zealand Secondary Schools,

WELCOME

Nau mai, haere mai, tena koutou, tena koutou, tena koutou katoa.

Welcome to the 51st running of the New Zealand Secondary Schools Cross-Country Championships and the 9th New Zealand Secondary Schools Regional Cross-Country Team Relay Championships to be held at Barge Park, Whangarei.

KEY DATES

- Early in Term II – Championship entries open on 12th May
- Early June – entries close on 6th June.
- Friday June 13th from 2pm – Course inspection and Team pack collection
- Saturday June 14th – Cross Country Championships
- Sunday June 15th AM – Regional Relay Championships

COURSE

The course map is at the end of this newessletter.

The course will be based around 2k and 1k laps.

The courses for each grade are as follows:

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

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.

- **Male:** Para athletes in any grade wishing to compete in the 2000m event will start with the Junior Boys and complete one 2k lap.
- **Female:** Para athletes in any grade who wish to compete in the 2000m event will start with the Senior Girls and do one 2k lap.

PROGRAMME OF EVENTS

Friday 13th 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 Barge Park Conference Centre. 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 Table.

Saturday 14th June – New Zealand Secondary Schools Cross Country Championships

8:00am – Course open for inspection. Remaining managers packs will be available for collection from Barge Park Conference Centre.

- 10:30am Junior Girls (3km)
11:10am Year 9 Girls (3km)
11:50am Junior Boys / Para Boys (4km / 2km)
12:30pm Year 9 Boys (3km)
1:10pm Senior Girls / Para Girls (4km / 2km) including a new U/17 grade (born on or after 1st January 2009) for individuals only. Medals will be presented to the first three U/17 athletes to finish. They can also win Senior medals and they count towards the Senior Teams competitions.
1:50pm Senior Boys (6km) including a new U/17 grade (born on or after 1st January 2009) for individuals only. Medals will be presented to the first three U/17 athletes to finish. They can also win Senior medals and they count towards the Senior Teams competitions.
4:30pm Awards Ceremony for Team Medals and announcement of NZ Team.
Venue: Barge Park Conference Centre.

Sunday 15th June – Regional Team Relay Championships Race

Packs for each region will be available at the Barge Park Conference Centre for Regional Managers to collect on Saturday June 14th from 2.30pm.

Anticipated teams and running order should be entered on the NZSSAA website before arriving at the championships, with final online team confirmations closing sharp 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 Managers 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.

9.25am – 4 x 1k Para Relay - Y9, Junior and Senior grades. Each athlete completing one lap 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.

ENTRY INFORMATION & FEES

Please visit the NZSSAA website for detailed entry procedures.

The Affiliation Fee is \$55 and the Entry Fee is \$30 per athlete. Late entries are \$40.

GENERAL

Subject to funding becoming available, 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.

Ngā mihi nui
Nigel & Judith Stewart
LOC Chairs

