

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 three main Individual Championships, that being Year 9, Junior and Senior. There is no U/17 relay grade.

In addition to the Girls and Boys competition there is also 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 2000m. The 2000m distance will be made up of two x 1000m laps with the aim of making the course as spectator friendly as possible.

Para teams also consist of four athletes, but they only run one 1k lap each.

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

By Tuesday before the event:

Regional Team managers need to indicate how many teams they are likely to have in each event by Tuesday evening at the latest please so we can check we have enough sets of numbers printed and batons available.

By 7pm Sharp on the Saturday night

Regional Team managers need to have all teams entered (including runner names) on the NZSSAA Online Entry System by 7pm sharp. This is essential to allow the Timing Team to download and test the result system.

On Saturday Afternoon at the event

Regional Team managers need to collect their regions race pack from TIC from 2:30pm on Saturday afternoon.

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).
- A copy of the Relay Rules.
- ***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

Tuesday

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 sharp at 7.00pm. Don't be that person who holds up what needs to be done next please.

7.00pm Team information and athlete names are downloaded into results package by results team

Sunday

- 8.30am Final confirmation of changes to Boys team grades and names in running order.
- 8.45am Boys Relay for Y9, Junior and Senior grades. Each athlete completes 2 laps of the 1km course.
- 8.55am Final confirmation of changes to Mixed and Para team grades and names in running order.
- 9.25am Mixed Relay for Y9, Junior and Senior grades and all Para teams. Each athlete completing 2 laps the 1km course. Para athletes in Para Teams do 1 lap of the 1km course.
- 9.35am Final confirmation of changes to Girls team grades and names in running order.
- 10.05am Girls Relay for Y9, Junior and Senior grades. Each athlete completing 2 laps of the 1km course.

Medals will be awarded approximately 10 minutes after each event to the first three placed teams in each division.

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: _____