



NEW ZEALAND SECONDARY SCHOOLS CROSS-COUNTRY CHAMPIONSHIPS and INTERPROVINCIAL CROSS COUNTRY RELAY

Trentham Memorial Park, Upper Hutt
Saturday June 20th and Sunday 21st 2026

To All New Zealand Secondary Schools,

WELCOME

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

Welcome to the 52nd running of the New Zealand Secondary Schools Cross-Country Championships and the 10th New Zealand Secondary Schools Regional Cross-Country Team Relay Championships to be held at Trentham Memorial Park, Upper Hutt.

KEY DATES

- Early in Term II – Championship Entries open on 4th May
- Early June – Entries close on 10th June 11.59pm
- Friday 19th June from 2pm – Course inspection and Team pack collection
- Saturday 20th June – Cross Country Championships
- Sunday 21st June morning – Regional Relay Championships

COURSE

The provisional course map is at the end of this newsletter . *See the map*

The course will be based around 1km and 2km laps, which includes two creek crossings each lap. The courses for each grade are as follows:

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

Para Athletes

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 have their Para performance recognised separately.

The Junior Para grade is Under 17 on the 31st December in the year of competition.

See Entry Info sheet on website for full details.

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

PROGRAMME OF EVENTS

Friday 19th June

2:00pm – 5:00pm

- Course will be open for inspection and a light jog. Schools are asked not to arrive before 2:00pm please.
- Managers Packs will be available in the Trentham Harriers Clubhouse, which is next to the course. Packs will only be issued to team managers and not individual athletes.
- As there is no Managers' meeting, any technical questions should be asked at the TIC Table.



Saturday 20th June – New Zealand Secondary Schools Cross Country Championships

- 8:00am Course open for inspection. Remaining managers' packs will be available for collection from the Trentham Harriers Clubhouse.
- 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 U/17 grade (born on or after 1st January 2010) 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 U/17 grade (born on or after 1st January 2010) 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.
Individual medals will be presented along with top 10 certificates at the course for all age grades, weather conditions permitting as soon as possible after each race.
- 4:00pm Awards Ceremony for Team Medals and announcement of NZ Team.
Venue: St. Patricks College, Silverstream - tbc
Para Medals Individual Para medals are awarded based on a percentage of the World Record, not the first over the line basis. Team medals are presented on a first over the line basis.

Sunday 21st June – Regional Team Relay Championships Race

Packs for each region will be available at the Trentham Harriers Clubhouse for Regional Managers to collect on Saturday 20th June 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 at 7.00pm sharp on Saturday night (*to allow downloading of the information into the results package*). Changes can be made before the relay race (*see relay's 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.

Any Sunday team changes must be handed in at least 15 minutes before the first race (i.e. 8.30am) or 30 minutes before the second and third races (i.e. 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.

- 8:45am 4 x 2km Boys Relay - Y9, Junior and Senior grades. Each athlete completing two laps of the 1km course (*note the relay course will exclude the creek crossing*).
- 9:25am 4 x 2km Mixed Relay - Y9, Junior and Senior grades. Each athlete completes two laps of the 1km course. (*note the relay course will exclude the creek crossing*).
- 9:25am 4 x 1k Para Relay - Y9, Junior and Senior grades. Each athlete completes one lap of the 1km course. (*note the relay course will exclude the creek crossing*).
- 10:05am 4 x 2km Girls Relay - Y9, Junior and Senior grades. Each athlete completes two laps of the 1km course. (*note the relay course will exclude the creek crossing*).

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 school affiliation Fee is \$55.00, and the Entry Fee is \$35.00 per athlete. Late entries are \$45.00 per athlete.

GENERAL

Subject to funding becoming available, Managers will receive one or more complimentary programmes in their team packs, based on team entry numbers.
Limited programmes will be printed for teams and officials. There will be no sales on site for individual athletes or the public. [*The programme will be available on website for download*]

We strongly recommend that you **regularly check the NZSSAA website** for further announcements including merchandise sales, updated 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

Todd Stevens
Athletics Wellington
Chair of Local Organising Committee

Provisional Course Map

Trentham Memorial Park, Upper Hutt



