

# South Island Schools Cross Country



Intermediate age and Secondary Schools students are invited to the South Island Schools Cross Country Festival to be held on Sunday, May 25<sup>th</sup> at Ashbury Park in Timaru. The timing of the Event is designed to give students another level of competition before NZSS in June and to introduce our Intermediate aged runners to a higher level of competition than may otherwise be available in their region. All runners will receive a personalised race number to keep and the opportunity to get an Event training shirt if they wish.

## Programme

### Saturday, May 24<sup>th</sup>

4:30pm	Course available for inspection
7:30pm	Athletes and managers/parents get together with guest speaker/s
8:00pm	Supper (provided)

### Sunday, May 25<sup>th</sup>

8:30am	Course available	
9:30am	Year 9 Girls	3000m
9:50am	Year 9 Boys	3000m
10:10am	Under 16 Girls	3000m
10:30am	Under 16 Boys	3000m
10:50am	Senior Girls	3000m
11:10am	Senior Boys	4500m
11:40am	Year 7/8 Girls Race	3000m
12 Noon	Year 7/8 Boys Race	3000m
12:30pm	Combined Relays	(3x1km)
1:00pm	Prizegiving at venue	

Timaru will once again host the South Island Schools Cross Country Festival on the excellent and challenging Ashbury Park course. High School students from outside the region should look to travel on the Saturday and the younger athletes should be able to travel within the day for most locations.

All races emphasise the team element of cross country. Each race will have medals for 3 person teams as well as individual medals for top three finishers. The Shields for the top South Island schools will be awarded to the winning boys and girls schools in the South Island. At High School this is the lowest combined score from the three age groups 3 person teams so requires a minimum of nine scoring runners. At Intermediate level the South Island Shields goes to the lowest combined score from the Year 7 and Year 8, 3 person teams so a minimum of six to make up a full team here. Please note the Year 7 and 8 will run together but they are separate races within the race and the Year 7 and Year 8 athletes will have different coloured race numbers.



Para athletes are also encouraged to enter. Para races will be one 1500m lap within the appropriate age group. Individual medals will be on offer and also medals for 3 person teams if there are sufficient entries.

Schools should be aware of the [eligibility rules](#) set by School Sport New Zealand

There is no streaming or recording of the Event. Photos may be taken and published on the Event Facebook Page. Follow [this link](#) to the Principals signoff around eligibility and media.

This Event proved very popular in 2024 and we envision we will have large, competitive fields in 2025. We also wish to maintain that fun, participation element where it is still okay for students who do not see themselves as cross country athletes can still be involved and contribute to their school placing. The final Race on the programme is a relay (optional) where teams need to be a mix of genders, ages and schools with no prizes attached it is supposed to be a fun way to end the racing.

Newsletter 2 will be posted out early in Term 2 with final information. Managers can click [on this link](#) which will take them to a Google Form (Entries are now open). T-shirts may be ordered on this [Form](#) for \$40 each (name on back \$45).

Please also distribute this [Facebook link](#) to families for all Event information as well as results and photos.

So please mark May 25<sup>th</sup> on the Calendar for 2025 and plan to be in Timaru for this exciting South Island Cross Country Festival. Looking forward to seeing you there.

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