

South Island Schools Cross Country



May 5th 2025

Excitement is growing as students from all over the South Island are training and preparing for the South Island Schools Cross Country Festival happening in Timaru on Sunday, May 25th. Entries are open and remain so until **Friday, May 16th** when the spreadsheet will be sent to the printers. Late entries are at the discretion of the race committee. These students will be allowed to race, but we ask you to try to avoid this as it adds a level of complication to the results and the students miss out on a personalised number.

Programme

Saturday, May 24th

3:00pm	Course available for inspection and a light jog
7:30pm	Athletes and managers/parents get together Please support this initiative at the Craighead school auditorium. We have organised two of the South Islands best young runners to share their journeys so far so this is sure to be inspirational.
8:00pm	Supper (provided)

Sunday, May 25th

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)
12:50pm	Prizegiving at venue	

Medals

1st, 2nd and 3rd place getters will be presented with medals as they cross the finish line. Please note that the Intermediate Races are two races in one. Year 8 and Year 7 will display different coloured numbers to assist here. At the prize giving after the relay, 3 person teams will receive medals in each of the races and the final presentations are the four Shields to the top schools – High School Girls, High School Boys, Intermediate Girls, Intermediate Boys.

Team Eligibility

Please enter runners in the correct race. Eligibility criteria on [this link](#) and any questions over High School categories can be resolved [here](#) within the NZSSAA Newsletter for Nationals. It is within the rules for runners to run up an age group (Year 7 in a Year 8 race, Year 9 in and Under 16 race etc), but this is not encouraged. In the Event of only two finishing a race a “last plus one” is added to the score to enable a team score. Schools can enter as many runners as they like, but the first three runners across the line are considered the team. With the Shields, the 3 person teams are considered direct scorers, but all finishers should feel part of the winning school team.

Course

The Ashbury Park Course is considered challenging with five different hill sections on each 1500m lap (in reality it is probably closer to 1600m).

Para Athletes

A reminder that 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. At this point in time, there is no distinction between the different para grades, but this will be reviewed when entries close.

Entries

Entries for the South Island Schools Cross Country remain at \$20 per student. For schools with multiple entries, it is appreciated if they can be entered in bulk by a team manager. It is fine for parents to enter their children as well however. Please click [on this link](#) which will take you to a Google Form. Event T-shirts may be ordered on this [Form](#) for \$40 each (name on back \$46). Schools will be invoiced after the Event.

Communication

The Event Facebook Page will be used for updates from now on. Results will be posted on the Facebook Page soon after the races. Please share this [Facebook link](#) to families etc. It is marked private to hopefully avoid random viewers. It is intended that Event photos will be uploaded soon after. There will be no videos or streaming.

We look forward to seeing many of you on Saturday evening at the get together/supper and then enjoying the athleticism, sportsmanship and camaraderie on Sunday morning as we determine the best school runners and teams in the South Island and expose many young people to the wonderful sport of cross country.

Paul Dominikovich
Chairperson Local Organising Committee
South Island Cross Country Festival 2025
southernchoolscrosscountry@gmail.com