



**INVERCARGILL 2026**



**5<sup>th</sup> May 2026**

Athletics Southland and Southland Harriers in collaboration with Southland Secondary Schools Sport look forward to welcoming you to the deep south (but don't expect to see penguins in the main street). We are all prepared for the South Island Secondary Schools Cross Country Festival happening in Invercargill on **Sunday, May 24th**. Entries have been extended and will close on **Wednesday, May 13<sup>th</sup>, 5pm**. 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.

#### **Important Race Reminders**

**Please note that the race is being held in a public park which is open to other walkers, runners, dog walkers and mountain bikers. The racecourse will be fully marked and marshalled, the public are generally good in these circumstances, but we may be unable to prevent people or unleashed dogs from entering the course. Please be aware of your surroundings at all times.**

Dress appropriately, Southland can be hot, cold, wet and windy.  
Athletes should warm up and warm down to help avoid injuries.  
Be aware of your surroundings and ground conditions on course.  
Respect other athletes, your supporters and the course officials and marshals.  
Teams may bring gazebos and set them up on race day in the designated area.  
Managers should bring a first aid kit for the team, there will also be one available along with a defibrillator at the first aid area.  
In Southland we care for our environment, please take all rubbish with you when you leave or put in the bins provided.

## **Programme**

### **Saturday, May 23rd**

- 1.30pm Join the Southland Harriers for a community race.  
3.00pm Course available for inspection.  
3.00 to 4.30pm Race numbers will be available.

### **Sunday, May 24th**

- 8.30am Course available  
Race numbers will be available  
Managers meeting
- 9.30am Year 9 Girls 3200m  
9.50am Year 9 Boys 3200m  
10.10am Under 16 Girls 3200m  
10.30am Under 16 Boys 3200m  
10.50am Senior Girls 3200m  
11.10am Senior Boys 4800m  
11.40am Year 7/8 Girls Race 3200m  
12 Noon Year 7/8 Boys Race 3200m  
12.30pm Combined Relays (3x1.6km)  
1.00pm School shield prizegiving at venue

## **Medals**

1st, 2nd and 3rd place getters will be presented with medals approximately 45 minutes after each race is finished. Please note that the Intermediate races, eg: Yr 7 and Yr 8 are combined. The competitors will display different coloured numbers to help identify runners in their age groups.

The 3-person team will receive medals from each age group at the prizegiving at the discretion of the race committee. The final presentations are the four Shields to the top schools – Secondary School Girls, Secondary School Boys, Intermediate Girls, Intermediate Boys.

Schools can enter as many runners as they like, but the first three runners across the line are considered the team competing for the medals.

School Shields: the 3 person teams are considered direct scorers, but all finishers should feel part of the winning school team.

Teams must consist of two or more competitors. In the event of only 2 competitors finishing the race, points of the last place getter (plus one point) will be counted.

It is within the rules for runners to run up an age group -Year 7 in a Year 8 race, Year 9 in a Under 16 race etc, but this is not encouraged

## **Eligibility**

Schools should be aware of the eligibility rules set by School Sport New Zealand. Please click on link attached - [School Sport New Zealand - Home](#)

[NZSSAA: Information for 52nd New Zealand Secondary Schools' Cross Country Championships \(Trentham Memorial Park\) 2026](#)

**Course**

A map of the course is attached.

The course has been measured by GPS as 1.6km track.

**Para Athletes**

A reminder that Para athletes are also encouraged to enter. Para races will be one 1600m 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.

**Entry Fees:**

Entries for the South Island Schools Cross Country remain at \$20 per student. Schools will be invoiced for their student's entry fees. A reminder that the entry process will need to be done by your school. Please see your Sports Coordinator to enter.

**Communication**

The South Island Cross Country Facebook page is attached [Facebook link](#) . Please distribute the link to families for all event information as well as results and photos. It is marked private to hopefully avoid random viewers. Southland Harriers Facebook page will also be used for updates.

There will be no videos or streaming of the event.

We look forward to welcoming all competitors to the Deep South on the 24<sup>th</sup> May.

**Linda Te Au**

South Island Secondary Schools Cross Country Festival 2026

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