



**NZSS Cross-Country
A & P Showgrounds, Hawera
19th- 20th September 2020**

New Zealand Secondary Schools Athletics Association
47th New Zealand Secondary Schools
Cross-Country Championships 2020

First and only Newsletter

To All New Zealand Secondary Schools,

Welcome to the 47th running of the New Zealand Secondary Schools Cross-Country Championships and the 5th New Zealand Secondary Schools Regional Cross-Country Relay Championships to be held at the A&P Showgrounds, Hawera. This is the second time Taranaki has hosted this event – the first was in New Plymouth in 2008. This year's event will provide runners with a taste of an old-school cross-country course, with plenty of challenges and with the stunning Taranaki Maunga overlooking the proceedings. For those of you who have ever competed at the Hughes Memorial Cross-Country, you will understand the "old school" description!

Event Organisers

The Local Organising Committee (LOC) is Jason Cressingham (Athletics Taranaki, Hawera High School), Karen Gillum-Green (Athletics Taranaki, NPGHS), Rebecca Scott (RSD TSSSA), Richard Brewer (Athletics Taranaki) and Vicky Adams (Athletics Taranaki), along with numerous volunteers from throughout Taranaki and beyond.

Course

The course is comprised of flat running sections with a couple of hills, the infamous "Hospital Hill" hill and one steeplechase barrier. There is a small dip and rise about 200m from the start and then clear running for at least 1000m. The course has a 2km lap and a 3km lap.

3km course – Year 9 Girls, Year 9 Boys and Junior Girls will complete one lap of the 3km course.

4km course – Junior Boys and Senior Girls will complete 2 x laps of the 2km course.

6km course – Senior Boys will complete 2 x laps of the 3km course.

2km course – Para athletes will complete 1 lap of the Junior Boys or Senior Girls course.

Para athletes will compete in their correct grade with non-para athletes should they wish to run the full distance race as listed above. Female Para athletes in any grades wishing to compete in the 2km event will do so by completing in the first lap of the Senior Girls race. Male Para athletes in any grades wishing to compete in the 2km event will do so by completing in the first lap of the Junior Boys race. Para athletes choosing to run the full distance with their placings counting in the overall results for their school team but having their Para performance recognised separately.

The course is suitable for spiked shoes or barefoot running.
Runners compete at their own risk.

Parking

Parking will be available in the streets surrounding the venue, in addition to limited, designated parking in the A&P Showgrounds. The ONLY vehicles permitted on site are St John, results, food, beverages and additional vehicles used for setup.

Programme of Events

Friday 18th September

2:00pm – 4:30pm Course open for inspection and light jog. Schools are asked to not arrive before 2:00pm. Managers Packs will be available in the main Dome Tent (next to the TET Athletics Taranaki flags), at the race venue. Race Packs will only be issued to Teams Managers and not individual athletes. Schools are asked to appoint a Team Manager who will be able to contact all athletes from their school. As there is no Manager's meeting, any technical questions can be asked here throughout the weekend. Pre-ordered T-shirts will also be available for pick up at this time.

Saturday 19th September

9:00am Course open for inspection and Team Manager Packs available in the main dome tent beside the TET Athletics Taranaki flags.

10:30am	Year 9 Girls	3km
11:10am	Year 9 Boys	3km
11:40am	Junior Girls	3km
12:10pm	Junior Boys / Para Boys	4km / 2km
12:50pm	Senior Girls / Para Girls	4km / 2km
1:30pm	Senior Boys	6km

4:00pm Prize-giving. In each grade, place-getters 4th through to 10th will be recognised with certificates and 1st, 2nd and 3rd place runners will be presented with medals. Three and six person teams in all grades will be presented with medals, and the NZSSAA Paper team will be announced. The Hub (Waihi Road), will be the venue (next to the Hawera Holiday Park) and there is sufficient parking for buses and mini-vans.

Sunday 20th September Regional Relay Championships Race

Packs for each region will be available from the Technical Desk from 2:00pm on Friday 18th September for Regional Managers only to collect these at their leisure. Anticipated teams and running order should to be entered on the NZSSAA website at this time but changes can be made before the relay race (see relays information sheet for details). 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. Athletes will also be given a ribbon to pin to their shoulder to help identify which category they are racing in.

9:00am Final confirmation of teams in running order to TIC.

9:30am 5 x 2km Girls Relay – Year 9, Junior and Senior grades compete at the same time over two laps of the 1km course per athlete.

10:15am Prize-giving for all three girls grades age groups

10:30am 5 x 2km Boys Relay – Year 9, Junior and Senior grades compete at the same time over two laps of the 1km course per athlete.

11:15am Prize-giving for all three boys grades age groups

Entry Information

All runners must have turned 13 prior to 31st December 2020

Year 9 - athletes must be in Year 9 and under 15 as at 31st December 2020 (born on or after 1st January 2006).

An athlete may compete in the Year 9 race only once.

Junior - Under 16 as at 31st December 2020 (born on or after 1st January 2005)

Senior – Under 20 as at 31st December 2020 (born between 1st January 2001 and 31st December 2004)

Para – as for Junior and Senior grades above except ORS funded athletes can be Under 22 as at 31st December 2020 (born on or after 1st January 1999)

To enter Para athletes who are over the senior age limit, email their details to oe@nzssaa.org.nz

Participation and Affiliation for NZSSAA

Participation in these Championships is open to any student Year 9 or above, who attends a New Zealand Secondary School affiliated to NZSSAA. Year 7 and 8 students are not eligible to compete under any circumstances. Affiliation with the New Zealand Secondary Schools Athletics Association is invoiced as part of the entry process for the Championships.

Entry Procedures for Team Managers / Sports Co-ordinators

- Entries open online on 20th July 2020
- Entries close online at Midnight on Thursday 10th September 2020
- **DO NOT** be late with your entries. After 10th September, any further entries are added only with the approval of the online entries administrator. Late entries are to be emailed to oe@nzssaa.org.nz and there will be a charge of \$10 per entry added to the school's online entries account. Go to the NZSSAA website www.nzssaa.org.nz and click on Online Entries (<http://entries.co.nz/o/nzssxc2020>) A login prompt will be presented to your browser. Enter your assigned username and password to proceed in the system.

Please fill in your school information first before making your entries. If you do not have the school's username and password, check with your Principal who should be holding a copy. If you still cannot access the site, then email oe@nzssaa.org.nz for the information.

Affiliation fee is \$55.00 (including GST) per school payable with online entries.

Entry fee is \$22.00 (including GST) per athlete, which includes the \$10.00 NZSSAA Travel Fund Levy.

Your entries are complete when you have chosen a payment option, produced an invoice and paid. There are two options for payment.

- By school or personal credit card
- direct crediting the NZSSAA bank account 12-3150-0174691-00

Payment by cheque is no longer an option.

When payment has been received and receipted a copy of a school's receipt is available in the payment section of online entries to print off if required.

Please note: Additional entries can be added up until entries close even though you may have already generated an invoice or paid. Enter your additional athletes and pay for them accordingly.

Please note: Athlete entries will appear in the public received entries list but will show as unpaid until payment has been receipted.

Entry enquiries are to be by email only to oe@nzssaa.org.nz please.

Additional information

Managers will receive one or more complimentary programmes in their team packs, based on team entry numbers. No programmes are being printed for individual athletes or for sale to the public.

Check the NZSSAA website for further announcements including:

- T-shirt sales
- Course Map
- Entry procedures
- Para Athlete Classification
- Health and Safety plan

Coaches, managers, athletes, parents and supporters are encouraged to search on Facebook “New Zealand Secondary Schools Athletics Association” and Like and Follow this page as it will be updated regularly as the Championship approaches.

We look forward to seeing you all in Hawera for these championships and trust you will all have wonderful time and enjoy the challenge of the course.

Jason Cressingham
Chairperson - LOC