



Central, King Country, Northwest and South Waikato Zones Schools Cross Country 2023

Tauhara Park, Hamilton Wednesday 24th May

INSTRUCTIONS:

The event is run as a lead in race to the WBOPSS Regionals and New Zealand Secondary Schools Cross Country Events. It is an Open Entry Event with no qualifications required for individual athletes for any of the below events. The age groups are aligned with the NZSS Cross Country age groups.

AGES:

Year 9: Athletes must be in Year 9 and under 15 as at 31 December 2023 (born on or after 1st January 2009). An athlete can compete in the Year 9 race once only.

Junior: Under 16 on 31 December 2023 (born on or after 1st of January 2008)

Senior: Under 20 on 31 December 2023 (born between 1st January 2004 & 31st December 2007)

Para Athletes: as for Year 9, Junior and Senior grades above except ORS funded athletes can be Under 22 as on 31st December 2023 (born on or after 1st January 2002)

FACILITIES:

- There are very limited public toilet facilities at the venue (two cubicles), please get students to arrive changed.
- There is no cover at the venue, so please bring any gazebos etc. you have in case of inclement weather.
- Schools are to bring their own first aid kits.
- Schools to be responsible for their own rubbish.

Cancellation: All schools will be contacted by **9:00am** if weather is likely to affect the event.

Please ask athletes to wear and bring appropriate clothing and footwear.

Event access: This is possible via Callum Brae Drive. There is very limited parking at the venue, and it is not suitable for buses. We recommend that you use the ample on street parking in Callum Brae Drive and Glen Cree Avenue.

START TIMES and DISTANCES:

11.00 am: Course opens

Race start times as below however these may be altered depending on number of entrants:

12.00pm 3.0 km Year 9 Girls/Junior Girls (2 laps)/Para Girls (1 lap)

12.30 pm 3.0 km Year 9 Boys (2 laps)/ Para Boys (1 lap)

1.00 pm 4.0 km Senior Girls/Junior Boys (1 short lap, 2 full laps)

1.30pm 6.0 km Senior Boys (4 laps)

TEAM EVENTS: Teams scores will be calculated for 3 person and 6 person teams

ENTRIES:

Please confirm Entries by Wednesday 17th May 2023. Enter using the ENTER NOW link:

<https://enternow.co.nz/enternow-app/wsss>.

There is no charge for entry.

For Further Information, please contact administrator@athleticswbop.org.nz

COURSE MAP:

1.5km laps (start and finish is located at the blue arrow)

Yellow arrow indicates 1km lap for Senior Girls/Junior Boys

