

NZSSAA Cross Country Regional Relays 18 June Palmerston North 2023

Information for athletes

Based on the success of the last several years, 2023 will again see a regional relay event held as part of the New Zealand Secondary Schools Cross Country Champs in Palmerston North. Athletes will compete in relay teams of four runners each completing 2000m (2 x 1km lap). Three divisions across both girls, boys and mixed (2 girls/2boys) grades will provide a competitive and spectator friendly event.

9:00am	Girls relay event (Y9, Jnr and Snr all compete at same time)
9:45am	Girls team prize giving.
10:00am	Boys and Mixed relay event (Y9, Jnr and Snr all compete at same time)
10:45am	Boys and Mixed team prize giving

Selection to represent your region will predominantly be taken from today's regional championships. Final team selections will also take results from the Saturday championships into consideration. Please note that you will be representing your region and not your school so a different uniform will be required to compete in. A Waikato/BOP team singlet will be available for use on the day should you not already have one of your own. Black shorts must be worn.

Register your interest

Please go to wsss.org.nz and complete the online registration form no later than **MONDAY 12 JUNE** to ensure consideration for selection. Completing this form does not guarantee selection. Final team selections will be communicated with all athletes as early as possible.

Team Managers for **WAIKATO/BOP**:

Ange Russek St Peter's School 0275599682 angelar@stpeters.school.nz

Sonia Waddell St Peter's School 021800997

Adam Garner Tauranga Boys College 02041219248 a.garner@tbc.school.nz

Bradley Smith Tauranga Boys College 0273687375 b.smith@tbc.school.nz

It is compulsory to have entered and competed in the Saturday individual championships to be part of the relay team. Please ensure your school has entered you for this on the nzssaa website. You will then need to have arranged transport/accommodation in order to compete in the relay on Sunday which may differ from your school teams travel plans.

On Sunday please meet at the Waikato/BOP tent one hour before the start of your event.

Go to wsss.org.nz click on Athletics, click on Cross Country, click on NZSSAA Cross Country Regional Relay Form.

Go to **[WSSS.org.nz](http://wsss.org.nz)** to register.

