

NZSSAA Cross Country Regional Relays 16 June Christchurch 2024

Information for athletes

Based on the success of the last several years, 2024 will again see a regional relay event held as part of the New Zealand Secondary Schools Cross Country Champs in Christchurch. Athletes will compete in relay teams of four runners each completing 2000m (2 x 1km lap). Three divisions across girls, boys and mixed (2 girls/2boys) grades will provide a competitive and spectator friendly event. In addition, there will be para athlete relays available in the three divisions with 4 athletes each running 1km.

8.30am	Final confirmation of changes to Boys team names in running order
8.45am	Boys Relay Y9, Junior and Senior grades including Boys Para teams. Each athlete completes 2 laps (Para athletes 1 lap) of the 1km course
8.55am	Final confirmation of changes to Mixed team names in running order
9.25am	Mixed Relay Y9, Junior and Senior grades including Mixed Para teams. Each athlete completing 2 laps (Para athletes 1 lap) of the 1km course
9.35am	Final confirmation of changes to Girls team names in running order
10.05am	Girls Relay Y9, Junior and Senior grades including Girls Para teams. Each athlete completing 2 laps (Para athletes 1 lap) of the 1km course

Medal ceremonies for the top 3 teams will be approximately 10 minutes after each event.

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 10 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

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 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 Track and Field, click on Cross Country, click on NZSSAA Cross Country Regional Relay Form.

