

EVENT	Cross-Country Championships
CONVENOR	Secondary School Event Coordinator (SSEC)- Heather Deane
WHEN	Friday 23 rd May 2025
WHO	Year 7-13 Boys & Girls
VENUE	Barge Park, Whangarei
TIME ALLOCATION	10.00am – 2.00pm
COST	\$10 per individual- Affiliated \$15 per individual - Non-Affiliated Schools
AGE GROUP/DIVISION/DISTANCES	Year 7 & 8 as enrolled in 2025. Year 9 & 10 as enrolled in 2025. Year 11-13 as enrolled in 2025
DISTANCES	
Year 11-13 Boys	6km (3 laps)
Year 11-13 Girls	4km (2 laps)
Year 9 & 10 Girls & Boys	4km (2 laps)
Year 7 & 8 Girls & Boys	3km (1.5 laps)

COURSE DESIGN

The Course involves hills and flat runs. Runners are to run anti-clockwise.

The Course will be marked using pairs of red and white flags. Runners must proceed between them – the rule to remember is WHITE (flag) IS ON THE RIGHT. Turns and other difficult parts of the course will be clearly designated using roped/taped avenues.

Spectators are afforded a good view of the course from near the Start/Finish area.

The actual course will be published on this page.

Spikes may be worn as road crossings will be covered with suitable mats.

RUNNERS

Runners are to compete in an identifiable school uniform. It is expected that all runners will be under the control of an adult manager.

Race numbers (bibs) may be provided and must be worn on the front of the runner's singlet/top.

RESULTS

Team Managers will be given a list of their athletes entered. Before each race Managers will need to allocate a race number (bib,) (if required) according to the age group and gender, to each competitor. Any changes that need to be made must be done with the Event Convenor (Heather) prior to the start of each race.

Northland Secondary Schools Sports Association

At the completion of each race, the athlete's placings will be recorded by Marshals and handed onto Result Marshals.

This means Managers will not need to do anything with placings when races have been completed.

There will be NO Teams Event school placings will be recorded to name best school.

REFRESHMENTS

Schools are to provide their own refreshments, snacks and drinking water. A Café is onsite also.

HEALTH & SAFETY

All schools are expected to have completed their relevant EOTC or Health & Safety requirements necessary for participation at these events.

Schools must supply their teams with a First Aid Kit that includes strapping tape. Ice will be available.

The event Health & Safety register must be completed for any injuries sustained by players that occur as a result of participating in this event and/or accidents that occur at the playing venue.

CHANGING

Toilets are available at the venue.

It is recommended that students arrive dressed ready for competition.

OFFICIALS

A Team Manager is required from each school for the purpose of communication at the event. Local host schools are expected to assist with the provision of Course Officials as is required. If insufficient officials can be obtained, participating schools may also be asked to assist.

DISABILITY ACCESS

This event is fully accessible. AWD will compete in their age group categories unless a request is made prior to this to the Event Convener.

PARKING

Bus and Car parking is provided adjacent to the course.

ENTRIES

- Entries close Wednesday 14th May with SSEC