



Whanganui Secondary Schools Cross Country 2019

at Tawhero Golf Course on Thursday 23rd May 2019



The event will be run on the Tawhero Golf course.

The course is over undulating grass and is suitable for spikes. Laps are of 1,000 and 1,500 metres.

Timetable:

- 1.00 pm Managers & Officials Meeting at the Sport Whanganui tent on the course.
- 1.30 pm All Girls Races – 3 km (2x 1.5km laps) -
Year 9 Girls, Junior Girls & Senior Girls (each girl's grade will have a different colour bib).
- 1.50pm Girls Presentation – certificates for individual place getters
- 2.00 pm All Boys Races – (each boy's grade will have a different colour bib)
Year 9 Boys Grade: 3 km (2x 1.5km laps).
Junior Boys and Senior Boys: 4km (1x 1km lap + 2x 1.5km laps).
- 2.20 pm Boys Presentation – certificates for individual place getters

Grades:

Year 9 Girls (Under 15 as at on 31/12/2019). **Must be in Year 9 and also Under 15 on 31/12/2019.**

Year 9 Boys (Under 15 as at on 31/12/2019). **Must be in Year 9 and also Under 15 on 31/12/2019.**

Junior Girls (Under 16 as at 31/12/2019).

Junior Boys (Under 16 as at 31/12/2019).

Senior Girls (Under 20 as at 31/12/2019).

Senior Boys (Under 20 as at 31/12/2019).

Entries by 3:00pm Monday 20th May electronically on the form provided.

Athletes should report to the start 5 minutes prior to the start time.

Buses and Cars – please park in the Gonville Hockey Carpark off Alma Road or along the roadside on Alma Road.

Food – Please bring food and water – there will be no food to buy onsite.

Changing Facilities – will be in the Gonville Hockey Clubrooms and will be available from 12noon.

Course Marshal – Schools are to please provide one volunteer to help on the day, record name on entry sheet.

Entries to Annette Cox at Sport Whanganui - annette@sportwhanganui.co.nz

Phone: 06 349 2881

Cost \$2.00 per athlete

Schools will be invoiced after the event. **You will be charged for all registered athletes.**

NZSS Cross Country Champs and NZSS Cross Country Relay Champs 2019 -

The WSS Cross Country event will also be a trial for the Whanganui Team that will compete in the relays event in Timaru the day after NZSS Cross Country (dates below).

It is expected that athletes compete in the WSS event to be eligible to be selected for the NZSS Relay event teams (unless prior dispensation sought eg. health reasons).

Criteria: The top 3 in each age group get automatic selection. Nominations will be taken to fill remaining slots (to make up the 5 person team in each age group + reserves).

Nominated athletes will be considered on both the Whanganui Schools Cross Country, track performances over middle distance events and relevant Cross Country events.

Athletes will run for their individual school when competing in the NZSS Cross Country on the Saturday and will represent our region if competing in the NZSS Relay Champs on the Sunday.

Athletes that are selected whose school is not intending to go to NZSS could travel and be accommodated with other school teams and can run for their own school on the Saturday – discuss with Annette.

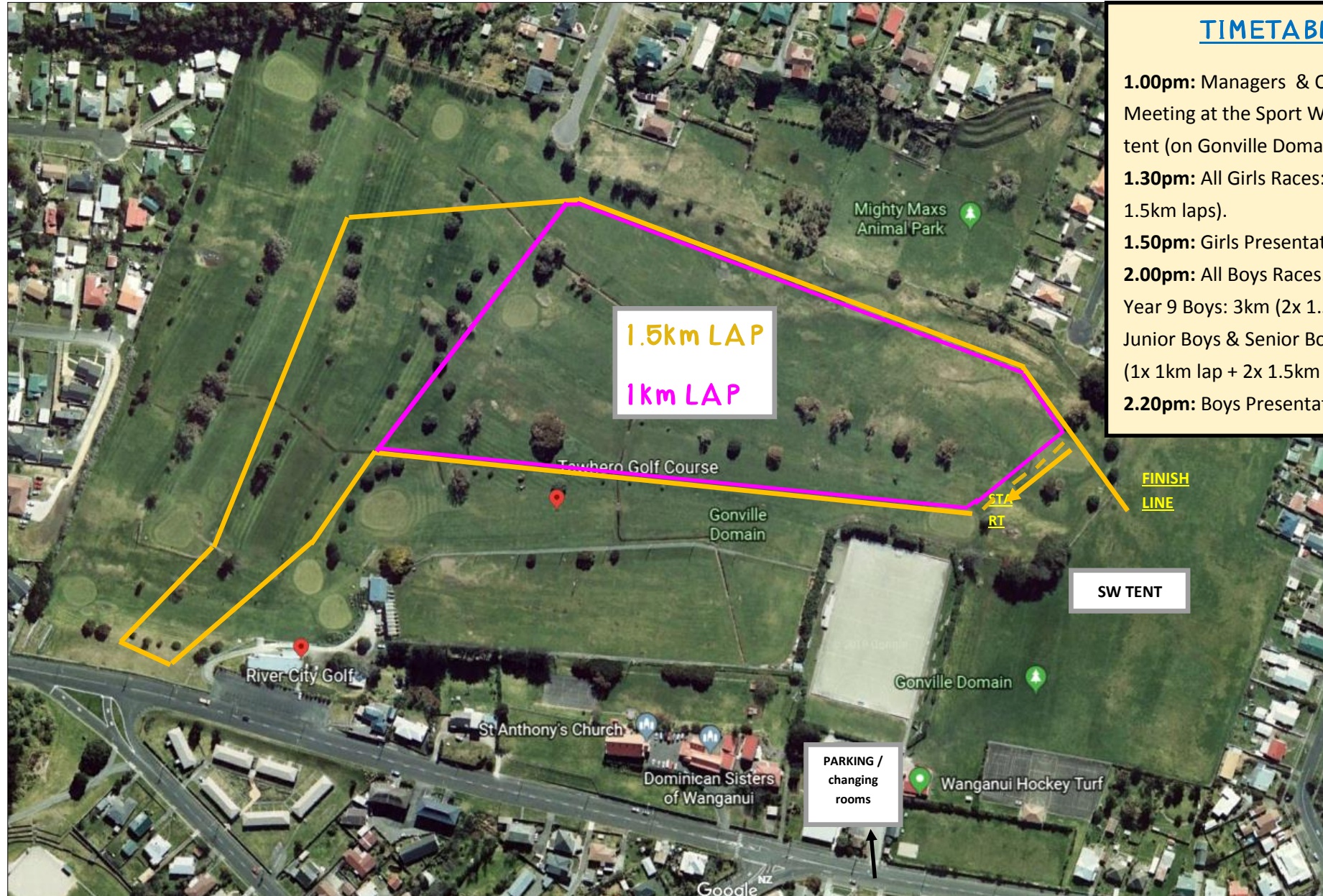
NZSS Cross Country Champs in Timaru on Saturday 15th June.

NZSS Cross Country Relay Champs also in Timaru on Sunday 16th June.

Athletes will compete in relay teams of five runners each completing a 2000m lap. Athletes will be representing our region, not individual schools at this event. Three divisions across both girls and boys grades (Year 9, Junior and Senior) will provide a competitive and spectator friendly event.

The following link has further information and I will also update schools closer to the time with more information - <https://nzssaa.org.nz/static/nz-xc-2019/newsletter.pdf>

WSS CROSS COUNTRY COURSE MAP 2019



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