



## Whanganui Secondary Schools Cross Country 2020

Monday 24th August 2020 – Whanganui Collegiate School



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

### **GIRLS Timetable:** *Please note different school arrival times below -*

- 12.40 pm High School Girls only meet at Grey Street entrance to be guided to seating area.
- 12.40 pm Collegiate Girls only enter via school to their seating area.
- 12.45 pm Nga Tawa Girls meet at Grey Street entrance to be guided to seating area.
- 12.50 pm Girls' College and Cullinane College Girls meet at Grey Street entrance to be guided to seating area.
- 1:00 pm Schools to stay seated in designated areas, a briefing will be delivered over a sound system.
- 1:15 pm All Girls Races: 3 km (2x 1.5km laps) -  
Year 9 Girls, Junior Girls & Senior Girls (*each girls' grade will have a different colour bib*).

*After the Girls race, please return to your schools designated seating area to be released from the venue in staggered intervals.*

**Approximately 1.35pm all girls depart the venue.**

### **BOYS Timetable:** *Please note different school arrival times below -*

- 1.45 pm High School Boys only meet at Grey street entrance to be guided to seating area.
- 1.45 pm Collegiate Boys only enter via school to their seating area.
- 1.50 pm Cullinane Boys and City College Boys only meet at Grey street entrance to be guided to seating area.
- 2.00 pm Schools to stay seated in designated areas, briefing over sound system.
- 2.15 pm All Boys Races – (*each boys' grade will have a different colour bib*).  
Year 9 Boys & Junior Boys Grade: 3 km (2x 1.5km laps).  
Senior Boys: 4.5km (3x 1.5km laps).

*After the Boys race, please return to your schools designated seating area to be released from the venue in staggered intervals.*

**PLEASE READ THE INFORMATION BELOW, THIS MUST BE ADHERED TO:**

- *All schools must bring an updated list of all participants present on the day for accurate contact tracing. Please also ensure this list has details of all staff that are accompanying the athletes to the event. These lists will be collected from you by a Sport Whanganui staff member on arrival.*
- *All schools must number their athletes on their right lower arm and lower leg with their allocated number prior to arriving at the venue.*
- *All participants and staff will need to stop and use the hand sanitiser on arrival to the venue and also on departure. All schools will also be given sanitiser and disinfectant wipes to use throughout the event.*
- *All athletes must bring their own water bottle to the event with water in it. There will be no shared water containers to fill bottles on site.*
- *Only Collegiate School athletes are permitted to use the school toilets and changing rooms. A double portaloos will be on site for the use of all other schools with strict sanitising and cleaning measures in place. Please ensure all athletes arrive at the venue in the clothes they wish to race in.*
- *Only essential staff from each school are to accompany the athletes on the day of the event. No spectators are to enter the venue.*
- *Our community can view a live streaming of the event through the Sport Whanganui Facebook page at the time the races are scheduled.*
- *Going over the steeple hurdle on the course will be optional. Runners can go over, under or around.*
- ***THERE WILL BE NO PRIZEGIVING CEREMONY AT THE COMPLETION OF THE RACES. THE RESULTS WILL BE SENT TO THE SCHOOLS AFTER THE EVENT AND CERTIFICATES DELIVERED TO THE SCHOOLS.***

**Grades:**

Year 9 Girls (Under 15 as at on 31/12/2020). **Must be in Year 9 and Under 15 on 31/12/2020.**

Year 9 Boys (Under 15 as at on 31/12/2020). **Must be in Year 9 and Under 15 on 31/12/2020.**

Junior Girls (Under 16 as at 31/12/2020).

Junior Boys (Under 16 as at 31/12/2020).

Senior Girls (Under 20 as at 31/12/2020).

Senior Boys (Under 20 as at 31/12/2020).

**Course Map:**

The course map is attached below. 1x lap = 1.5km. Please note the hurdle that will be placed on the course. This is a steeplechase and has been placed on the course in preparation for NZSS Cross Country Champs in Hawera. This is optional, runners can go over, under or around.

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

**Buses and Cars** – please park along Grey Street.

**Food** – Please bring food and water, there will be no food or water onsite.

**Changing Facilities** – Please ensure all athletes are wearing the correct clothing for the race on arrival as no changing facilities are available, only porta-loos.

**Any queries call Annette** - Phone: 027 251 9302.

**Cost \$2.00 per athlete**

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

**Preparation for NZSS Cross Country event:**

Between the WSS event and NZSS event, there will be a couple of opportunities for runners:

- A full distance race at Bason Botanical gardens is scheduled for the athletes in preparation for the NZSS Cross Country Champs at **4-00 pm on Thursday 10<sup>th</sup> September** (9 days before NZSS) if any are interested in attending.
- Round the Lake Relay (Virginia Lake, Whanganui) on Monday 7th September is another running opportunity.

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## **NZSS Cross Country Champs and Relay Champs 2020**

**NZSS Cross Country Champs** in Hawera on Saturday 19<sup>th</sup> September.

**NZSS Cross Country Relay Champs** in Hawera Sunday 20<sup>th</sup> September.

**Race Distances for NZSS event:**

Year 9 Boys, Year 9 Girls and Junior Girls: 3km

Senior Girls, Junior Boys and Paras: 4km

Senior Boys: 6km

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

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 selected for Whanganui for the Relays event must run for their individual school on the Saturday.

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

The relay champs are an exciting event that are part of the NZSS Cross Country Championships. After Saturday's individual races, athletes have an opportunity to attend a regional relay event held at the same location. 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 we will also update schools closer to the time with more information - <https://nzssaa.org.nz/>

# WSS CROSS COUNTRY COURSE MAP 2020



\*Please note the hurdle on the course. This is a steeplechase hurdle.

1 x lap = 1.5km