



Cross Country Zones & Championships Entry & Competition Information 2023

Dates & Venues

Competition	Date	Entries Close	Venue
North Western Zone	Tuesday 16 May	Wednesday 10 May	Moire Park, Massey
Central South Eastern Zone	Thursday 18 May	Thursday 11 May	Lloyd Elsmore Park, Pakuranga
College Sport Auckland Championships	Thursday 1 June	Tuesday 23 May	Lloyd Elsmore Park, Pakuranga

Age Groups

- Junior: Under 14 on 1 January 2023
- Intermediate: Under 16 on 1 January 2023
- Senior: Under 19 on 1 January 2023

Entries

- Schools may enter unlimited individuals in the zones and the CSA Championships.
- Entries must be submitted in [EnterNOW](#) by 11.59pm on the entries closing date.
- Do not advise College Sport Auckland of scratchings prior to race day. Schools will be invoiced for all entries (regardless of whether they competed) after the event.

Start Times & Course Distances

- 10.15am Managers Meeting
- 10.25am Marshals Meeting
- 11.00am Junior Girls 3km
- 11.20am Junior Boys 4km
- 11.40am Intermediate Girls 4km
- 12.00pm Intermediate Boys 5km
- 12.20pm Senior Girls 4km
- 12.40pm Senior Boys 6km

Distances and start times are subject to change.

Marshals

- For the zone meets, schools must provide:
 - 1 – 20 runners: 1 marshal
 - 21 – 40 runners: 2 marshals
 - 40+ runners: 3 marshals
- For the CSA Championships, each participating school must provide at least one volunteer to assist as a course marshal.
- Marshals may be adults or senior students but cannot also be the team manager as marshals will be stationed out around the course.
- Marshals must report to College Sport Auckland immediately after the managers meeting.

Team Management

Each school must also have a team manager, irrespective of the number of students entered. Their main tasks are to:

- Confirm all runners with College Sport Auckland before the first race begins.
- Attend the compulsory managers meeting at 10.15am.
- Ensure all runners have the correct bib number and transponder.
- Ensure all runners return their transponders to College Sport Auckland after their race (if reusable transponders are used).
- Be aware of any medical conditions of an athlete, and to have available the contact details of the athletes' parents/guardians should they be required in an emergency.
- Check that students who suffer from asthma carry an inhaler with them.

Pre-Race Procedure

- All runners should report to the start at least 10 minutes prior to their race and must have their allocated number on the front of their top and the matching transponder – disposable transponders will be attached to bibs; reusable transponders must be attached to the shoe or around the ankle.

Post-Race Procedure

- If reusable transponders are used, they must be placed in the designated container at the end of the finishing chute. **Schools will be charged for each reusable transponder not returned to College Sport Auckland.**
- Students may keep their bibs or return them to the College Sport Auckland tent.

Team Membership

- The first three runners from each school in each age group will be eligible for the 3-person team competition and the first six will be eligible for the 6-person team competition.
- If teams finish on equal points, final placings will be determined by the position of each team's third runner (for 3-person teams) or sixth runner (for 6-person teams).

Prize Giving

- At the CSA Championships, medals will be awarded to the top three individuals, three-person teams, and six-person teams in each age group.
- Prize giving ceremonies will be held throughout the day once results are confirmed.

Rules

- This event is run under the race rules of NZSSAA and IAAF.
- All competitors, managers, spectators, and officials are to practice good sportsmanship and fair play.
- All competitors are to stay on the course and follow the instructions of marshals and officials.
- A competitor may not deliberately impede or obstruct the forward motion of other competitors.
- The penalty for the failure of any of the above rules shall be disqualification.
- Any runner that causes damage to public property or the property of another party shall be liable for the cost of that damage.
- All competitors are to run in their school sports uniform and enclosed sports shoes.