

**College**

Auckland

**Sport**



# Cross Country Championships 2023

Lloyd Elsmore Park, Pakuranga

Thursday 1<sup>st</sup> June 2023

**Athlete Guide**

***Please ensure you are familiar with  
all the contents to ensure a fair race  
and less stress for you on the day.***



# Welcome



On behalf of the team at College Sport Auckland, we are excited to welcome you to Lloyd Elsmore Park.

No matter whether you are a first time individual or a seasoned runner, part of a team or running as an individual - welcome, have fun and play fair...

*Thanks from the team at College Sport Auckland*

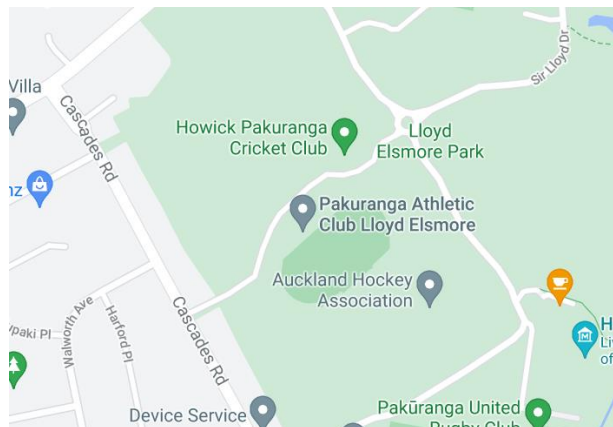
Remember as a participant in this event you are responsible for your own safety and equipment.

- ✓ Please obey all marshall and race director instructions.
- ✓ Shoes are required for this event

## Venue

Lloyd Elsmore Park

Use the Lloyd Elsmore entrance. The Cascades Road entrance will only be open pre and post race.



- Schools are encouraged to bring tents and set up in designated area.
- Public toilets will be open for athletes use.



# Event Details

Lloyd Elsmore Park  
Thursday 1<sup>st</sup> June 2023



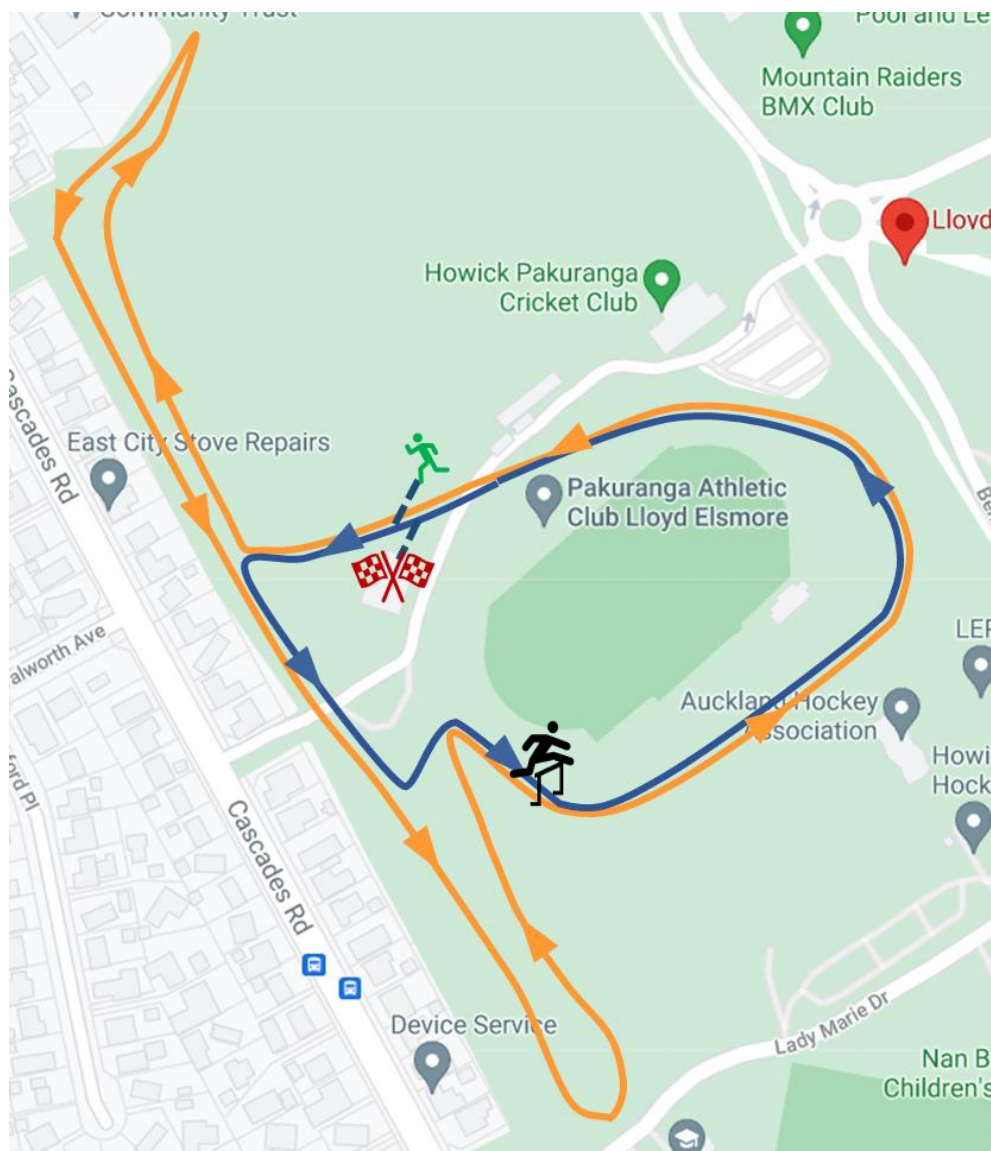
Time	What	Distance / Course
9.30am	Registration Opens	Managers to check in and collect race packs
10.25am	Marshalls Meeting	By registration Designated positions have already been advised
10.40am	Athlete briefing for all	By registration
11.00am	Junior Girls	3km 1 x short lap then 1 x full lap
11.20am	Junior Boys	4km 2 x full laps
11.40am	Intermediate Girls	4km 2 x full laps
12.00pm	Intermediate Boys	5km 1 x short lap then 2 x full laps
12.20pm	Senior Girls	4km 2 x full laps
12.40pm	Senior Boys	6km 3 x full laps
1.30pm *	Prize Giving	In front of Pakuranga Athletics Club House Medals for top 3 individuals and teams







# Course Details



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Start for all 	Follow around marked fields in a anti-clockwise direction.
Short lap 	Left turn across the field and down through trees (blue line) followed by another left turn.
Full lap 	Follow the course in a anti- clockwise direction.
Finish 	Exit course heading towards Club House.



# Summary of Rules

- All competitors, managers, spectators, and officials are to practice good sportsmanship and fair play.
- This event is run under the race rules of NZSSAA and IAAF.
- 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.
- 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.
- Athletes who are deemed to not be following the rules will be disqualified

## Age Groups

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

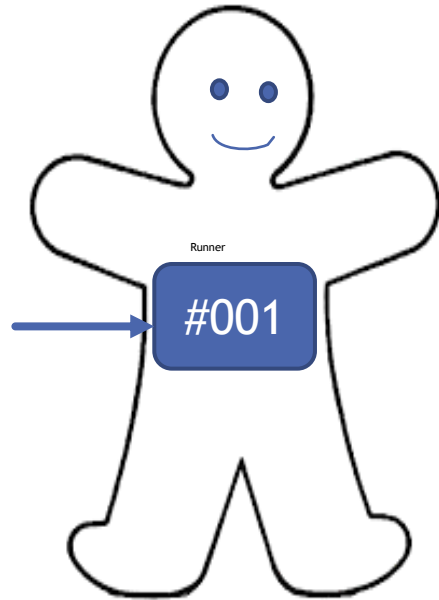


# Race Numbers & Timing



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- Each runner will have a unique race number (with an inbuilt timing chip)
- Pin straight to your top



## Team Competition



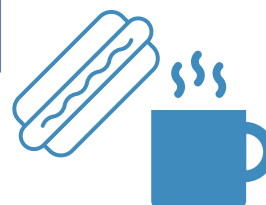
- The first three runners from each school in each age group will be eligible for the 3-person team competition and the first six will be eligible for the 6-person team competition.
- If teams finish on equal points, final placings will be determined by the position of each team's third runner (for 3-person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



# Finishing & Prizegiving



- Once you pass under the finish gantry, you have completed your race - well done!
- Ensure you rehydrate and stay warm after you finish. There is a coffee van onsite.
- Get yourself warm, cheer for your mates and return for the prize giving once all competitors have finished and results have been verified (at approx. 1.30pm).



# Supporters



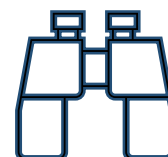
## Parking

- Please follow signage/marshal instructions.
- Ensure all access ways are kept clear. We can not run the event if an egress is blocked (for emergency reasons).



## Viewing

- Please do not stand on the course or impede athletes on the course.
- We encourage schools to support their marshall location and turn it into a real celebration moment.



## Food and beverages on site

- There will be a coffee van on site for purchase of food and beverages.
- You are welcome to bring a picnic.
- ***Please bring your re-usable coffee cup, as we are encouraging a zero waste event.***





# Fair Play and Fair Sport



- This is a rubbish free event, please look after our precious place and do not drop litter.
- Once you have finished, please do get out and support/encourage those that are still racing!
- In an emergency see one of the marshals who will be able to assist.
- If you withdraw, please immediately advise event personnel.
- Remember - the spirit of good sportsmanship is an important part of our sport - look out and encourage each other... and race hard and fair.
- Thank a volunteer! Without these people we couldn't put the event on, so take the time to say thanks 😊 and have a terrific day.



# Contingency Courses

While we always hope that the sun will be shining and the wind stays - we need to plan just in case; so

- If the weather (wind, rain or other) makes the conditions unsafe for competitors and volunteers, we will alter the course if possible or it may be cancelled. We will monitor weather forecasts leading up to the event and advise if this is a likely scenario



# Thanks to....



Events like these just can't happen without the generous gift of time by a whole raft of people - so take the time to acknowledge and thank them if you have a chance. On behalf of us... THANK YOU to..

- ▶ Schools including their sports department teams
- ▶ Parents / Teachers
- ▶ Our Event Organisers
- ▶ Volunteers (including our marshals)
- ▶ Athletes

for making this event possible!

