

## **NZSSAA Cross Country - Regional Relays, Palmerston North, Sunday 18<sup>th</sup> June 2023**

### **Information for Auckland Regional Athletes:**

Once again there will be a Regional Relay Championships held on the Sunday morning as a part of the **NZSSAA Cross Country Championships** in Palmerston North.

After Saturday's individual and 3/6-person team Championship races ALL athletes are encouraged to attend the Regional Relay event held which will be at the same location on **Sunday 18<sup>th</sup> June**.

Each region from around the country will be represented by a selected relay team of four runners, with each runner completing 1x 2000m lap. Three divisions across both girls, boys and mixed grades will provide a competitive and spectator friendly event. This event has been a huge success in past years.

In addition to the Girls and Boys competition there will now be a Mixed competition where at least two of the four team members must be girls.

### **Race Day Schedule:**

9:00am	4 x 2km Girls Relay – Year 9, Junior and Senior grades compete at the same time over two laps of the 1km course per athlete.
9:45am	Prize-giving for all three girls' grades age groups
10:00am	4 x 2km Boys (and Mixed) Relay – Year 9, Junior and Senior grades compete at the same time over two laps of the 1km course per athlete.
10:45am	Prize-giving for all three boys' grades age groups

Selection to represent the Auckland Region will be based on **results from the Auckland Regional Championships (1<sup>st</sup> June 2023)**. If athletes do not attend these events due to illness or injury, please provide a medical certificate with your application.

**NOTE:** ONLY Schools from the CENTRAL EAST and CENTRAL WEST Zones can be considered for the AUCKLAND Team. (Schools outside of these zones are either Counties Manukau or North Harbour)

**In order to be considered for selection for the Auckland Team each athlete must complete a nomination form below and send it via email return to the relevant manager listed below. NOTE: By completing this form you are confirming your availability for selection and you will need to be available for the race on the Sunday if required.**

We are hoping to enter an A team and a B team for each age group, plus some mixed teams, so there should be opportunity for a larger number to race. Final confirmation of the makeup of each team will be made after the individual Cross Country race at NZSS Palmerston North. There will be a team meeting at the race venue (time to be confirmed).

Please note that you will be representing your region and not your school so a different uniform will be required to compete in an Auckland team singlet. This will be available for purchase if you do not already have one (\$50.00).

**Can you please pre-register your interest and availability for selection prior to Thursday 1<sup>st</sup> June, so that the selectors are aware of the athletes to watch at the Auckland Cross Country Champs.**

To pre-register availability for selection, please complete the details below, scan and/or email them to your regional team manager no later than **Thursday 1<sup>st</sup> June 2023** to ensure selection.

Team Managers for **AUCKLAND**:

**Rhys Taucher (Boys Team Co-ordinator)**

[rtaucher@sacredheart.school.nz](mailto:rtaucher@sacredheart.school.nz)

Ph: 021 1080218

**Sarah Renshaw (Girls Teams Co-ordinator)**

[sarah.renshaw@xtra.co.nz](mailto:sarah.renshaw@xtra.co.nz)

Ph: 021 913636

*Please ensure you have arranged transport/accommodation in order to compete in the relay on Sunday 18<sup>th</sup> June.*

**Nomination form for NZSSAA Cross Country Regional Relays – Palmerston North - Sunday 18<sup>th</sup> June 2023**

Name:	<i>Please print clearly</i>
Grade for NZSS:	<i>E.g., Y9 Boys</i>
Qualifying: (TO BE COMPLETED BY SELECTORS)	<i>Position and age group at <b>regional</b> champs</i>
School:	
Auckland Team Singlet Required (\$50) (please circle) <b>NO YES size</b> ____	<i>Please note if you are selected if you need a singlet and approx. size</i>
Best Mobile Contact number:	<i>Please print clearly</i>
Email address:	<i>Please print clearly</i>
Alternate email address:	
Parent / guardian Name:	
Parent / guardian signature:	