

College

Auckland

Sport



Cross Country Championships 2024

Lloyd Elsmore Park, Pakuranga

Wednesday 22nd May 2024

Athlete Guide

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



Participating Schools

ACG Parnell College
ACG Strathallan College
ACG Sunderland
Auckland Grammar School
Avondale College
Baradene College of the Sacred Heart
Botany Downs Secondary College
Carmel College
City Impact Church School
Diocesan School for Girls
Elim Christian College
Epsom Girls Grammar School
Glendowie College
Green Bay High School
Howick College
Kaipara College
King's College
KingsGate School
Kingsway School
Kristin School
Long Bay College
Lynfield College
Macleans College
Mahurangi College
Marist College
Michael Park School
Mission Heights Junior College
Mt Albert Grammar School
One Tree Hill
Onewhero Area School
Onehunga High School
Orewa College
Ormiston Senior College
Pakuranga College
Pinehurst School
Pukekohe High School
Rangitoto College
Rosehill College
Rosmini College
Rutherford College
Sacred Heart College (Akld)
Saint Kentigern College
Sancta Maria College
St Cuthbert's College
St Dominic's Catholic College
St Ignatius of Loyola Catholic College
St Peter's College (Akld)
Takapuna Grammar School
Waiheke College
Wentworth College
Westlake Boys High School
Westlake Girls High School



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

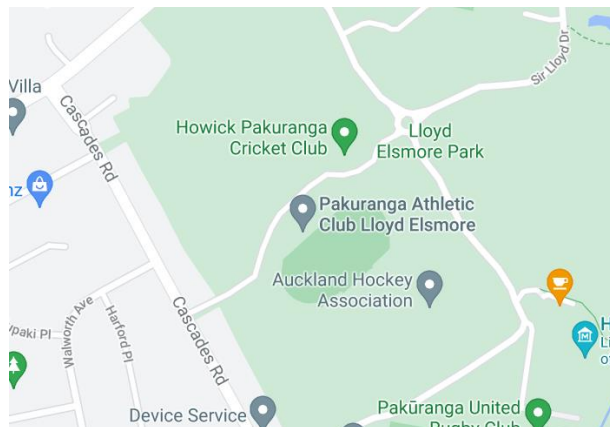
Remember as a participant in this event you are responsible for your own safety and equipment.

- ✓ 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
Wednesday 22nd May 2024



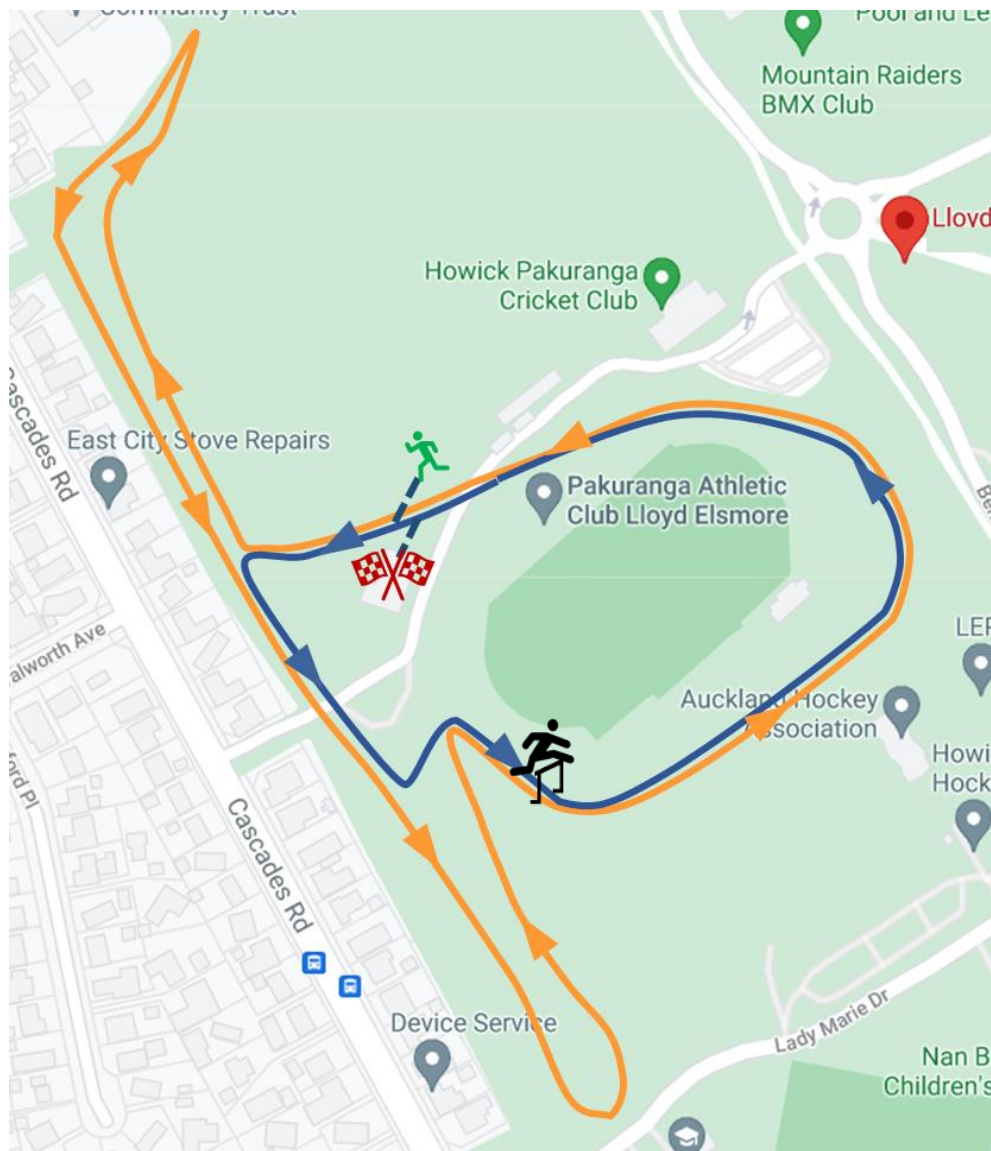
Time	What	Distance / Course
9.30am	Registration Opens	Managers to check in and collect race packs
10.25am	Marshalls Meeting	By registration Designated positions have already been advised
10.40am	Athlete briefing for all	By registration
11.00am	Junior Girls	3km 1 x short lap then 1 x full lap
11.20am	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
1:20pm	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 2024
- Intermediate: Under 16 on 1 January 2024
- Senior: Under 19 on 1 January 2024

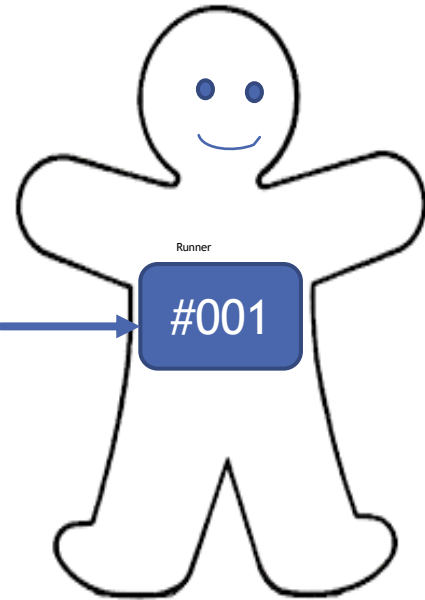


Race Numbers & Timing



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- Each runner will have a unique race number (with an inbuilt timing chip)
- Pin straight to your top and ensure this is visible during your race.
- Do not take your bib off until you have completed the race as this has your timing chip inbuilt.



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 across the finish line, 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. 1.20pm).



Supporters



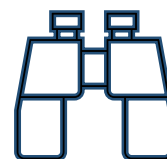
Parking

- 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.



Marshalling Instructions



Welcome and Thanks

Thank you for your help today, we can't deliver these events without your support.

We encourage each school group to own their station and make it yours - have some fun while you keep the course and athletes safe

Thanks - the team at College Sport Auckland

Please make sure you stay in position until it is confirmed that each race is complete. **Your safety is our utmost concern so ensure you keep yourself safe at all times.**

- **College Sport Auckland:** Shani Clark - 021 124 1457
- **Event Medic:** Chris Griggs 021 460 991
- If you witness an accident near you, make sure the area is safe before you enter it
- Prevent further injuries/accidents and assess the situation.
- Call Event Medic at our Medical base **021 460 991** in all instances and he will assess the situation and offer advice.



If you cannot reach Chris and it is an emergency please dial 111

**All key event personnel have radio contact
(and some marshall positions)**

Do not allow any traffic onto the course during the race unless it is an emergency vehicle, all movements MUST be authorised





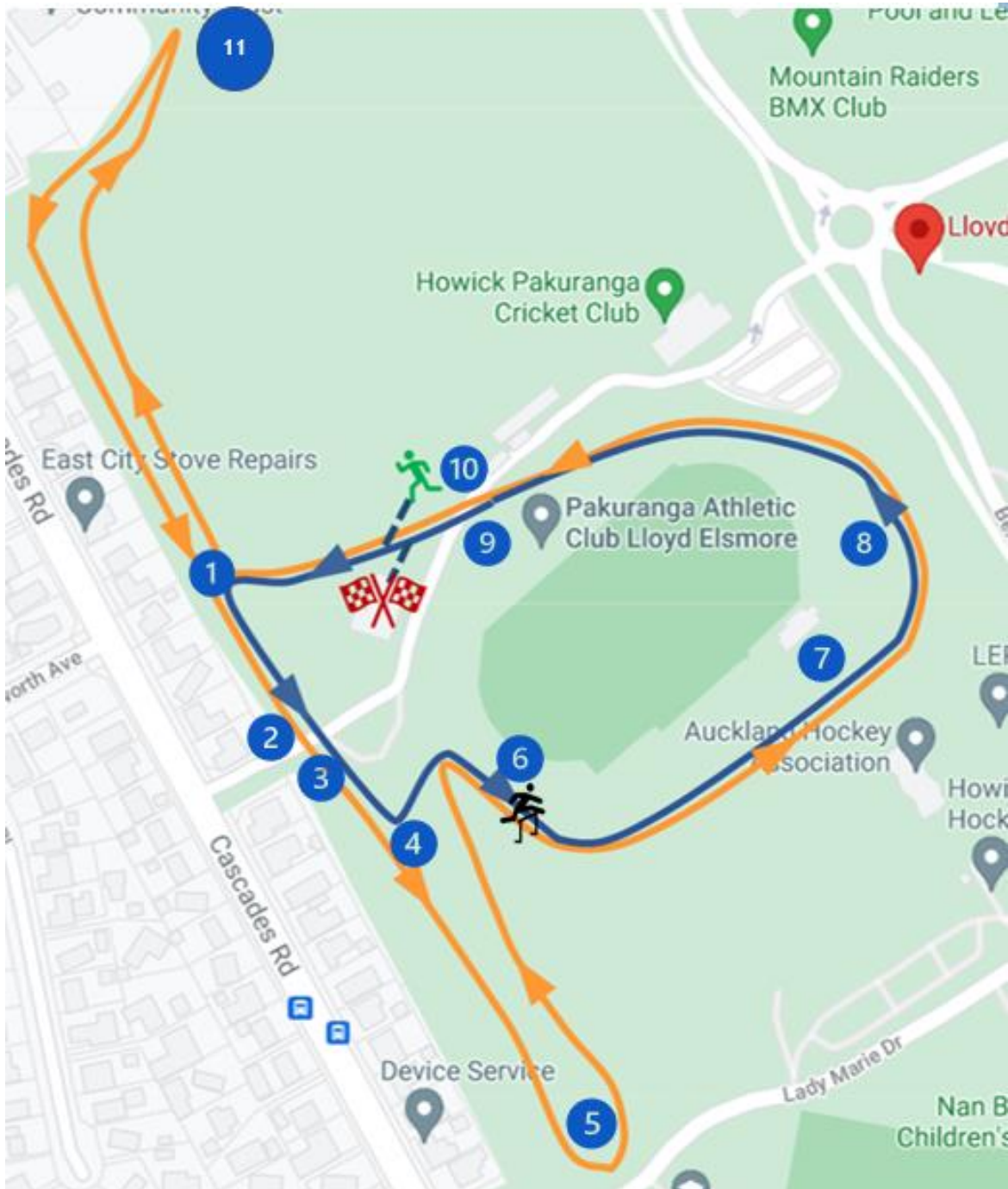
#	School	Key detail
1	ACG Strathallan College	Gatekeeping. Only the junior girls and intermediate boys first laps turn left - everyone else turns right
2	Macleans College	Traffic management. Athletes cross pathway from fields onto matting. Ensure barrier is in place. Radio required.
3	Westlake Boys High School	Traffic management. Athletes exit pathway onto fields. Ensure barrier is in place.
4	Diocesan School for Girls	Gatekeeping. Only the junior girls and intermediate boys first laps turn left - everyone else carries on straight ahead. Radio required.
5	Saint Kentigern College	Ensure athletes stay on course and safe. Radio required.
6	Mt Albert Grammar School	Ensure athletes stay on course and either clear the jump or take the alternative route safely. Radio required.
7	Auckland Grammar School	Direct athletes safely down hill. Radio required.
8	Saint Kentigern College	Ensure athletes scale the hill safely and keep to the path
9	Sacred Heart College	Direct athletes across matting
10	King's College	Direct athletes towards flag 1 if they are on the next lap or along the route towards the finish if they are completing their race
11	Rangitoto College	Direct athletes around course. Radio required.
F	Baradene College of the Sacred Heart, St Peter's College, Takapuna Grammar, St Cuthberts College	Back up timing at finish. Hand out place cards and support the computerised timing if required. Instructions from timing crew



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Marshal Flag Numbers

- Feel free to make your spot full of positive personality.
- When the race is over, please bring in the flags



College Sport Cross Country - South Eastern Zone
Lloyd Elmore Park May 2021

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
- ▶ Pakuranga Athletics Club
- ▶ Volunteers (including our marshals)
- ▶ Athletes

for making this event possible!

