

NZSSAA Cross Country - Regional Relays, Christchurch, Sunday 18th June 2024

There will be a Regional Relay Championships held on the Sunday morning as a part of the **NZSSAA Cross Country Championships** in Christchurch.

Each region from around the country will be represented by a selected relay team of four runners, with each runner completing 1x 2000m lap.

Race Day Schedule

- **8.45 am** – 4 x 2km **Boys** Relay - Y9, Junior and Senior grades. Each athlete completing two laps of the 1km course.
- **9.25 am** - 4 x 2km **Mixed** Relay - Y9, Junior and Senior grades. Each athlete completing two laps of the 1km course.
- **10.05 am** - 4 x 2km **Girls** Relay - Y9, Junior and Senior grades. Each athlete completing two laps of the 1km course.
- Prize-giving for all grades will be held approximately 10 minutes after each race.

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)

Please note 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 from Athletics Auckland (\$50.00).

Nomination Form

Selection to represent the Auckland Region will be based on results from the Auckland Regional Championships (Wednesday 22nd May 2024). If athletes do not attend these events due to illness or injury, please provide a medical certificate with your application. Final confirmation of the makeup of each team will be made after the individual Cross Country race at NZSS Christchurch.

In order to be considered for selection for the Auckland Team each athlete **must complete a nomination form prior to Wednesday 22nd May** and send it via email return to the relevant manager listed below.

Rhys Taucher (Boys Team Co-ordinator)

rtaucher@sacredheart.school.nz

Ph: 021 1080218

Sarah Renshaw (Girls Teams Co-ordinator)

sarah.renshaw@xtra.co.nz

Ph: 021 913636

Nomination Form for NZSSAA Cross Country Relays – Christchurch - Sunday 18th June 2024

Athlete name:	
Grade for relay (e.g. <i>Junior Girls</i>):	
School name:	
Best mobile number:	
Athlete email address:	
Parent email address:	
Parent / guardian name:	
Parent / guardian signature:	
Auckland Team Singlet:	<i>This is available for purchase from Athletics Auckland for \$50</i>

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