



To: Cross Country Convenor

2022 COLLEGE SPORT CROSS COUNTRY CHAMPIONSHIPS

WEDNESDAY 25 MAY HARCOURT PARK- UPPER HUTT

1. Age Groups/Distances/Times

Age as at 31 December 2022 (to fit with National dates)

Year 9 Girls/Boys: Year 9 students only. Have turned 13 and U15 years as of 31 December in the year of the event.

Junior (U16) Girls/Boys: Have turned 13 and U16 years as of 31 December in the year of the event.

Senior Girls/Boys: U20 years as of 31 December in the year of the event.

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|-------|---|---------------------------|------|--------------|
| Boys | - | Senior (Under 19) | 6.0K | 2.25pm start |
| | - | Intermediate (Under 16) | 4.0K | 1.45pm start |
| | - | Junior (year 9 and below) | 3.0K | 1.15pm start |
| Girls | - | Senior (Under 19) | 4.0K | 2.05pm start |
| | - | Intermediate (Under 16) | 3.0K | 1.30pm start |
| | - | Junior (year 9 and below) | 3.0K | 1.00pm start |

**ATHLETES WITH DISABILITIES (Under 21) - 2 KMS – BOYS RACE WILL COMMENCE AT 12.30PM AND GIRLS 12.35PM
REPORT TIME 12.00pm (for registration).**

Please note:

| | |
|------|-------------------------|
| 6km | 3 full laps |
| 4km | 2 full laps |
| 3 km | 1 short loop 1 full lap |
| 2 km | 1 full loop |

2. Competition in all grades will be for:
- (i) Individuals
 - (ii) 3 person teams
 - (iii) 6 person teams

There is no limit to number of entrants.

3. **Team Managers must report with their athletes to the registration desk at Harcourt Park from 12.00pm for registration.**

- 4. There will be CSW medals for the winners in all grades
- 5. Pennants will be awarded to the winning schools of the 3-person Senior Team Race
- 6. Cost for CSW member schools \$5 per athlete - to be invoiced after event
- 7. Wairarapa schools and others will be invoiced \$11.50 per athlete
- 8. One volunteer to help from each school is required-Please provide name to CSW for allocation of duties.
- 9. Bus parking will be available on Norbert Street down past the park gates (on Course map).

There is a small carpark on Norbert Street before the park gates and another car park on Akatarawa Rd (Both indicated on the course map). Street parking in the neighbouring streets is also a possibility.

ENTRIES CLOSE 23 MAY THROUGH CSW ON-LINE ENTRY SYSTEM