



To: Cross Country Convenor

45th COLLEGE SPORT WELLINGTON SECONDARY CROSS COUNTRY RELAYS **MONDAY 15 MAY 2023 WAKEFIELD PARK, BERHAMPORE.**

The above event will take place at **WAKEFIELD PARK and BERHAMPORE GOLF COURSE** starting at 1.30pm. Athlete competition information centre and course will be open from 12.30pm. The course, which is approximately 2.00 km in length, will start and finish in front of the Island Bay Football Club. Changing rooms will be available for all athletes in the Clubrooms Building at Wakefield Park. Athletes are advised to wear footwear to compete on the course.

TEAMS and ENTRY FEES:

- Entry fees for each team will be **\$16.00**.

In 2023 ALL TEAMS will consist of **four members** for both boys' and girls' teams.

Mixed teams must have 2 boys and 2 girls.

AGES and GRADES:

The age for determining grades is 31 December 2023. This is the same date used for this year's New Zealand Secondary Schools Championships Cross Country. *i.e. under 16 on 31st December 2023 etc.,*

The races will have three grades for boys and girls:

- Boys - Year 9, Under 16 [Juniors] and Seniors
- Girls - Year 9, Under 16 [Juniors] and Seniors
- **Open Mixed Relay Teams - NEW in 2023 [Any age group] Athletes are from Co-ed school only.**

All grades will be competing at the same time.

RACE INFORMATION:

On arrival at Wakefield Park, team managers are to report in to pick up team numbers. These numbers will be colour-coded to indicate the grade, numerically coded to indicate the team and alphabetically coded to indicate the lap *i.e.* Lap 1 will be A, Lap 2 will be B and so on. Numbers are to be worn on the front. Numbers must be returned in your Team envelopes at the end of competition.

- **FINAL TIME FOR REPORTING WILL BE 1.15 pm.**
- **RACE START TIME 1.30 pm – races will start in waves by grades.**

Medals and Certificates will be awarded to the winning team and for the fastest lap in each grade. As an incentive.

Athletics Wellington will offer a \$200.00 travel support to the NZ SS Cross Country for top school overall. Points will be awarded to the Top six teams in each grade.

ENTRIES CLOSE : FRIDAY 12 May 12.00 PM THROUGH CSW ON-LINE ENTRY SYSTEM (EnterNOW)

This College Sport Wellington and Athletics Wellington event is supported by Victoria University of Wellington Sport

