

Cross Country Relays Information

Event Overview			
Sport	Cross Country		
Event Date	Wednesday 14 May		
Venues	Wakefield Park and Berhampore Golf Course	Times	Starting 1.30pm
CSW Sport Manager	Nadine Stembridge	Cell	0272316434
Entries close off date	Wednesday 7 May		
Player lists close off date	Wednesday 7 May		

Event Detail	
Event Structure	Final reporting time will be 1.15 pm. Race start time 1.30 pm – races will start in waves by grades.
Grades	Boys – Juniors (Year 9), Intermediate (U16) and Seniors Girls – Juniors (Year 9), Intermediate (U16) and Seniors Open Mixed Relay Teams - [Any age group] Athletes are from Co-ed schools only.
Match Duration	Course will open at 12.30pm Approximately 2km in length
Squad Size	Teams will consist of four members for both boys' and girls' teams. Mixed teams must have 2 boys and 2 girls.
Age Determination	The age for determining grades is 31 December 2025.

Eligibility	
CSW Bylaws	Eligibility is governed by the College Sport Wellington bylaws.

Further Information	
Equipment	Athletes are advised to wear footwear to compete on the course.
Use of Public Facilities	The start and finish will be in front of the Island Bay Football Club. Changing rooms will be available for all athletes in the Clubrooms Building at Wakefield Park.

Code Specific – Further Information	
Composite Teams	All teams must be entered through school sports departments. Composite teams must be approved by CSW before entries close. Any approved composite teams must complete the 'Playing for another school form' to be handed to CSW at close of entries. One school sports department must take responsibility for the composite team Composite teams will not be eligible for medals.
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!
Medals and Certificates	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 NZSS Cross Country for top school overall. Points will be awarded to the Top six teams in each grade.