

NZ Cross Country Championships & inaugural NZ Cross Country Relays 2022

Spa Thermal Park, Saturday 30 July & Sunday 31 July 2022

Event Information:

Risk Management & Health & Safety: upon arrival at the venue all attendees (competing athletes, team management, supporters and spectators are asked to view the welcome boards that will provide important information on known hazards and health and safety at Spa Thermal Park.

Course Availability: The marked course will be available for athletes to inspect on Friday 29th July from 2.00pm to 5.00pm. Access to the course will then be available on Saturday morning from 8.00am until 9.45am. Athletes must not warm up within the marked course during the period of competition.

Carparking: Spa Thermal Park is a public reserve and access point for the Otumuheke Stream and Huka scenic walking trails. We share access to carparking with other park users. A car parking team from a local community group will be assisting with guiding you to available parking. Another parking option is in the carparking facilities of the Taupō Events Centre accessible off Spa Road and AC Baths Avenue – a short 5 minute walk to Spa Thermal Park.

Team Packs: Centre Team Packs will be available for collection from the registration marquee near the start/finish at Spa Thermal Park on Friday 29th July from 2.00pm to 5.00pm and on Saturday morning from 8.00am through to 9.30am.

Team Tents: On Saturday team tents will be named and allocated for all centre teams. There will also be a tent for individual athletes competing for their clubs. These tents will be re-purposed for club teams to share on Sunday morning for the relays.

Toilets: There are toilet block facilities at Spa Thermal Park which will be supplemented with temporary portaloos facilities.

Showers: There are no showering facilities at the venue.

Food and Refreshments: There will be a barista made coffee operator with other refreshments alongside a small selection of food operators.

Athlete Numbers & Masters Ribbons: Race numbers are to be collected from the registration marquee on Friday 29th July from 2.00pm to 5.00pm and on Saturday morning from 8.00am through to 9.30am. Designated centre team managers are to collect numbers for centre selected team athletes and distribute to those athletes. Athletes running in their club singlets can collect their numbers directly from the registration marquee. There will be two numbers to be worn one on the front and one on the back. In addition, masters athletes will be issued with age grade ribbons with safety pins to be worn on the top of the back number.

Live Streaming: In keeping with best practice around the broadcasting of younger athletes, we will only be live streaming Grade U16 events and above through the Athletics NZ YouTube Channel.

Award Ceremonies: Saturday competition award ceremonies will take place between events at the awards ceremonies area opposite the finish line in the order of the competition schedule. On Sunday, relays award ceremonies will take place at the conclusion of competition.

Athletes:

- Please ensure you obtain your race numbers from your centre team manager if racing for your centre or if an individual from the registration marquee during the specified times.
- Warm-ups must take place outside the marked course during competition.
- Athletes to report to the start area 10 minutes prior to their race start time.
- While racing please avoid spitting or discharging mucus from your nose while close to other competitors.
Anyone deemed to be spitting in an offensive manner may be disqualified.
- Athletes are not permitted to wear headphones/earpieces while in the start area or while competing. These may be worn while warming up.
- There will be no pacing allowed by any athletes.
- Individual and team's placegetters are requested to stay close to the award ceremonies area for presentations after competition.
- Drug testing may take place during the event.

Race Timetable:

Note: start times subject to change

Saturday

Time	Age Grade/s	Distance
10:00	Girls U14	3KM (1 x 3KM lap)
10:10	Boys U14	3KM (1 x 3KM lap)
10:20	Girls U16	4KM (2 x 2KM laps)
10:35	Boys U16	4KM (2 x 2KM laps)
10:45	Masters Women 35+	6KM (2 x 3KM laps)
11:10	Masters Men 35 – 64	8KM (1 x 2KM lap followed by 2 x 3KM laps)
11:25	Masters Men 65+	6KM (3 x 2KM laps)

11:50	Kids Dash	2KM
12:05	Fun Run / Walk	2KM or 4KM
12:40	Women's U18	5KM (1 x 2KM lap followed by 1 x 3KM lap)
13:00	Men's U18	6KM (2x 3KM laps)
13:20	Women's U20	6KM (2 x 3KM laps)
13:40	Men's U20	8KM (1 x 2KM lap followed by 2 x 3KM laps)
14:05	Senior Women	10KM (2 x 2KM laps followed by 2 x 3KM laps)
14:45	Senior Men	10KM (2 x 2KM laps followed by 2 x 3KM laps)

Sunday

Mixed Relay Teams

Time	Age Grades
09:00am	Under 16 Masters Composite
09:40am	Under 18 Under 20 Seniors
10:30am	Awards

Officials:

- All officials to wear Athletics New Zealand Polo Shirts (grey with Green Piping) and Athletics NZ Jackets if you have them otherwise wear black or dark clothing.
- All officials to report to the Officials Marquee at the venue for a meeting at 8.30am on Saturday 30th July and at 8.00am on Sunday 31st July if officiating for the relays.
- Officials will be given a high-vis to wear.
- Transponder timing and finish camera (to be confirmed) will be used for this event, no recorders required.

- Lunch will be provided for all officials.

Spectators:

- Please stay outside the marked course during competition.
- There are designated points for crossing. Please only cross at designated/marked areas.
- Note: the course is uneven and has many rabbit holes. Please be wary of your foot placement, to avoid unnecessary injury.