

2023 New Zealand Cross Country Championships & Cross Country Relays – Event Timetable

Saturday 29 July 2023

Time	Age Grade/s	Distance
9.30am	Girls U14	3KM (1 x 3KM lap)
9.40am	Boys U14	3KM (1 x 3KM lap)
9.50am	Girls U16	4KM (2 x 2KM laps)
10:05am	Boys U16	4KM (2 x 2KM laps)
10.15am	Masters Men 65+	6KM (2 x 3KM laps)
10:40am	Masters Women 35+	6KM (2 x 3KM laps)
11:00am	Masters Men 35 – 64	8KM (1 x 2KM lap followed by 2 x 3KM laps)
11:40am	Kids Dash (U12)	2KM (1 x 2KM lap)
12.00pm	Open Club Race (male and female) for athletes Under 18 and above	5KM (1 x 2KM lap followed by 1 x 3KM lap)
12:40pm	Women's U18	5KM (1 x 2KM lap followed by 1 x 3KM lap)
1:00pm	Men's U18	6KM (2x 3KM laps)
1:20pm	Women's U20	6KM (2 x 3KM laps)
1:50pm	Men's U20	8KM (1 x 2KM lap followed by 2 x 3KM laps)
2:15pm	Senior Women	10KM (2 x 2KM laps followed by 2 x 3KM laps)
2:50pm	Senior Men	10KM (2 x 2KM laps followed by 2 x 3KM laps)

Note: Award ceremonies will take place after races on Saturday (schedule to be advised).

Sunday 30 July 2022

Mixed Cross Country Relay

Championship relay event will be held over a distance of 8km (consisting of 4 laps of 2km), each team comprising two male and two female registered competition athletes from the same Athletics NZ club, running in the order male/female/male/female in one of the respective grades. Teams and running order must be finalised and submitted at the registration marquee by 8am Sunday 30 July 2023.

Non Championship relay event will be held over a distance of 8km (consisting of 4 laps of 2km), each team comprising two male and two female athletes/participants from any combination of Athletics NZ club(s), Sporting Club(s), Social Groups or Corporates running in any order. Participants must be aged 13 years and above by 31 December 2023. Teams and running order must be finalised and submitted at the registration marquee by 9am Sunday 30 July 2023.

Time	Age Grades
09:00am	Under 16 Masters 35-49, 50-64, 65+
10.00am	Under 18 Under 20 Senior
11:00am	Open/Community Relay (Non Championship)
11.30am	Relay Awards commence

*As at 31-05-23 subject to change