

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

Friday 28 July 2023

2.00pm Course opens for inspection. Registration opens

5.00pm Registration closes

Saturday 29 July 2023

8.00am Registration opens

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	Non-Championship Open Race (male and female) for participants 16 years and above by 31 December 2023	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)

5.00pm Registration closes

Note: Award ceremonies will take place after races on Saturday (see event information for timings).

Sunday 30 July 2022

7.30am Registration opens

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 22-07-23 subject to change