**Event Information as at 8.00am Wednesday 26 July 2023**

Welcome to the 136th New Zealand Cross Country Championships & Relays and the final year of two being hosted by the Taupo Harrier Club and Athletics Waikato Bay of Plenty. Let’s enjoy one of our most celebrated courses. Here is some helpful information to assist in making your weekend a more enjoyable one.

For current information on the event go to the event listing on the Athletics NZ Upcoming Competitions page.

**Event Programme**

Will be available on Thursday afternoon 27 July on the Competitions page listing for the event for download pre-event or accessible via smartphone or device from QR codes provided at the venue on competition days.

**Schedule**

The event schedule is on the Athletics NZ website under the competition listing for the event. Times are subject to change. These will be displayed at the registration tent and via announcements over the PA.

**Course Set Up & Viewing Times**

The local organising committee will be setting up the venue and course from early Friday morning. To allow this to happen as efficiently as possible we ask that athletes and supporters refrain from accessing the course until it is ready for viewing at 2pm on Friday.

**Registration Packet Pick Up**

In the blue marquee opposite the finish area from 2pm to 5pm on Friday and reopening on Saturday morning at 8am.

For clarification all athletes selected to represent their Centre, race numbers and pins are to be collected by the designated Centre Team Manager who will collect all their Centre selected athletes. All athletes representing their club can have their race numbers and pins collected by their designated Club Team Manager or as individuals.

**Race Numbers & Masters Ribbons**

There will be two race numbers worn by each athlete for events. Please ensure that the race number with the transponder on the back of the number is affixed securely to the front of your singlet/shirt. If you don’t do this - you run the risk of not having your result recorded. Masters athletes will have coloured ribbons to affix to the back of their singlet/shirt denoting their age group and are requested to wear these.

**Centre Team Managers**

There will be no technical managers meeting; however, any queries can be answered by the Technical Delegate or Competitions Manager upon request at the registration tent.

**Scratchings & Centre Team Changes**

Need to be made using the official forms in the registration tent no less than an hour before the start of each race. With the NZ Cross Country Relays, we ask that team managers affirm the running order for their entered team by the end of the day on Saturday. For the Championship grades, all team members need to be current competitive members of Athletics NZ.

**Centre Team & Club Tents**

Allocated Centre team tents will be provided on Saturday. Clubs are welcome to bring their own tents and place in the designated area on the elevated area.

**Warmup/Warmdown**

Athletes, when warming up and warming down please stay outside the marked/taped competition lane when races are in progress.

**Post Race Aid**

There will be water and R-Line electrolyte in the finish area for athletes with recyclable cups. Please place cups in the recycling bin provided.

**Medics**

EMT Ambulance will have two medics on site for both days of competition and will be stationed at the back of the finish line. They will also have an ATV vehicle for use if required.

**Athlete Race Call Time & Gear**

Athletes are reminded they need to be at the start line ten minutes before the start of their race. Athletes are responsible for managing their own gear.

**Venue Access & Parking**

We are sharing the use of Spa Park with the public who will be using the facilities (accessing Otumuheke Springs, the walking trails, walking dogs, frisbee golf and the like). Be respectful of the public and other recreational users. There is limited car parking in the sealed carparks within the park so please park safely on the berm.

There will also be parking in the paddock on the eastern side of County Avenue (see yellow are below) and follow the parking signs. Please observe the speed limit on County Avenue.



**Food & beverage**

We will have a selection of private food and beverage vendors including coffee and drinks with EFTPOS available.

**Award Ceremonies Schedule**

We kindly request that all athletes and team managers be aware that medal ceremonies will be taking place at the following times on Saturday. In respect of the dignitaries on hand to present medals and their fellow athletes we request that athletes being awarded individual, or team medals are punctual for their medal ceremonies.

11.00am Individual medals for Under 14 Girls & Boys, Under 16 Girls & Boys

12.30pm Individual & teams medals for Masters Women 35+, Masters Men 35-64 and Masters Men 65+

2.00pm Individual & teams medals for Women Under 18 and Men Under 18

3.15pm Individual & teams medals for Women Under 20 and Men Under 20

4.15pm Individual & teams medals for Senior Women and Senior Men

**NZ Cross Country Relay Sunday**

The format for the mixed cross-country relay is two male and two female running in a male, female, male, female order. Team managers are requested to have their teams and running order affirmed at the registration tent by 5pm Saturday. Late changes can be made on Sunday morning from 7.30am but must be made at least an hour before the start of the relevant grade race.

**Health & Safety**

Spa Park has several hazards and risks to be aware of and especially if you are attending with young children. Please refer to the welcome board information at the registration tent.

**Bathrooms**

There is a block of toilets above the bottom car park area. These toilets will be serviced throughout the weekend by the Taupo District Council. In addition, there will be eight portaloos (four for women and four for men) positioned at the top of the finishing straight. There are no showering facilities available at Spa Park.

**Waste & Recycling**

Please use the event waste and recycling bins provided for your items, ensuring they are placed in the right bin.

**Livestream**

The events will be livestreamed on the Athletics NZ You Tube Channel. In keeping with our balance is better approach, the youngest race being shown will be the Under 16 events.