



## WELLINGTON CROSS COUNTRY CHAMPIONSHIPS

Hosted by the Olympic Harriers Club with assistance from Athletics Wellington

**Sunday 9 July, 2017**

Grenada North Park, Jamaica Drive, Grenada North

### COURSE DESCRIPTION:

A mixture of flat and undulating cross country course with climbs and jumps on each 2km lap. This course is suitable for spikes. In the event of rain prior to the event, parts of the course will be muddy.

### AGE GRADES

- Wellington championship grades are: Years 0-8, U15, U18, U20, Senior, Masters 40, 50, 60 and 70.
- For Seniors and Masters, there is a both a long course (10km) and short course (5km) championship
- For all grades except Masters, ages are @ 31st December 2017. For Masters' grades, ages are age on the day.
- Instead of Under 13, Under 11 and Under 9 races, for this event all registered and financial club athletes at pre school, primary and intermediate schools will compete for a Wellington Centre Medal as part of the Kids Cross Country Series (see timings below). They must wear their club singlet to be eligible for a medal and they must have signed up online for this event at [www.athleticshub.co.nz](http://www.athleticshub.co.nz). Note for the Year 0 (pre school) race the age is 4 and under as at 1 April 2017. Those who are in year 8 and turning 13 this year have the option to compete in the year 8 race or the Under 15 race.

### RUNNERS COMPETING OUT OF GRADE

For the Wellington Cross Country Champs, any athletes who want to compete out of grade must let Daryl know by 5pm on Thursday 6 July at [daryl@fedude.co.nz](mailto:daryl@fedude.co.nz)

### ENTRIES FOR U15, U18, U20, SENIORS AND MASTERS

For U15, U18, U20, Seniors and Masters races you should enter online at <https://2017awwinterracing.eventdesq.com/>

**Online entries close: 5:00pm on Thursday 6 July.**

*If you have already pre entered all interclub events and received a bib at the Vosseler or Dorne Cup, you MUST use the same bib. Replacement bibs will incur a fee – please advise by Thursday 6 July at the very latest if you have lost your bib.*

*If you have a race bib from the Dorne Cup or the Vosseler but have not entered the Wellington Cross Country Champs, you must still enter online with this <https://2017awwinterracing.eventdesq.com/>*

**Collection of race bibs:** You can collect your race bib from the registration area at Grenada North Park on Sunday 9 July (unless you already have your race bib from the Vosseler or Dorne Cup). Make sure you collect it BEFORE you head to the start line. Allow plenty of time.

**Long course / short course options:** Seniors and Masters have the option of a long course (10km) and short course (5km) championship option. When entering athletes are requested to indicate if they will compete in the long course, short course, or both. Athletes are however able to change options – simply line up in the race you want to be in.

*Enter before 5:00pm on Saturday 1 July online and you will receive a personalised bib if you haven't already received one at the Vosseler or Dorne Cup.*

### ENTRIES FOR PRIMARY, INTERMEDIATE AND PRE SCHOOL CHILDREN

For intermediate, primary and pre school children you MUST enter and pay through the Kids Cross Country Series online portal at [www.athleticshub.co.nz](http://www.athleticshub.co.nz). Many club members have already entered all five events for the Kids Cross Country Series which means they are also registered for the Wellington Cross Country Champs. If you haven't registered then make sure you go to [www.athleticshub.co.nz](http://www.athleticshub.co.nz) and enter the Kids Cross Country Series – 9<sup>th</sup> July Grenada North Park option.

**Note: Year 0 to Year 8s - do not use the race bib you have used for the Vosseler or the Dorne Cup (if you do you WON'T be listed in the results).**

Collection of race bibs: You must pick your race bib up at the registration desk at Grenada North Park any time from 9.30am onwards on Sunday 9 July.

*Enter before 5.00pm Saturday 1 July and you will receive a personalised race bib on the day.*

### **LATE ENTRIES**

You can enter on the day, BUT there may be delays and you must complete your entry at least 1 hour before your event. There are more chances of being left off the results if you enter on the day and it creates a lot more work behind the scenes so we encourage you to enter online before Thursday 6 July.

### **REGISTERED ATHLETES (FROM OUTSIDE WELLINGTON)**

Athletes from other centres are welcome at this event, however entries must be submitted online **no later than Thursday 6 July 5:00pm** at this link:

<https://2017awwinterracing.eventdesq.com/>

Medals are only awarded to the first 3 registered Wellington Centre athletes in each grade.

### **MEDALS:**

Centre medals awarded for the first 3 registered Wellington Centre athletes in each grade.

### **RACE START TIMES AND DISTANCES**

10.20am: Year 0 Race (500m)  
10.30am: Year 1 Race (800m)  
10.45am: Year 2 Race (800m)  
11.00am: Year 3 Race (1km)  
11.15am: Year 4 Race (1km)  
11.30am: Year 5 Race (1.5km)  
11.45am: Year 6 Race (1.5km)  
12.00pm: Year 7 and Year 8 Race (2km)  
12.30pm: Boys and Girls Under 15s (3km)  
12.50pm: SW, SM, MW, MM Short Course Champs all 5km”  
1.30pm: MU20 8km, MU18 and WU20 6km, WU18 4km  
2.15pm: SW, SM, MW, MM Long Course Champs (10km)

*Ages as at 31 December 2017 except for Masters, which is your age on race day*

**DETAILS ON TEAMS RACES ON NEXT PAGE**

## TEAM RACES

There are team races for each grade in each of the long and short courses races. The White & Mackay Shield for the 6 Man Senior Men's team grade will be awarded for the 10km team. There are changes to the team races for other grades this year, including both long and short course events. These are listed below:

### Athletics Wellington Cross Country Team Races

*Note: If a club is unable to count a team in a Masters grade, then the club's members in that grade will be available to count for a younger grade if that younger grade also doesn't have a team*

#### Cross Country - Long Course Teams

Age Group	Number to Count
Senior Men	6
M40-49	4
M50+	4
M50+	4
All Women	3

Teams

#### Cross Country – Short Course

Age Group	Number to Count
M20-49	3
M50-59	3
M60+	3
W20-49	3
W50+	3

#### Cross Country Junior Teams

Age Group	Number to Count
School Years 0-8	No teams race
BU15	3
MU18	3
MU20	3
G15	3
WU18/WU20 Combined	= 3

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### INFO FOR CLUB ADMINISTRATORS ONLY – CLUBS WILL BE INVOICED AFTER THE EVENT:

\$12 for all runners over 17.

\$7.50 for all runners 17 and under.

Clubs will be invoiced for the runners who compete on the day

For year 0 to year 8s – this age group will not be invoiced to clubs as the athletes will have paid their entry fee via [www.athleticshub.co.nz](http://www.athleticshub.co.nz)

#### CONTACT DETAILS:

##### Olympic Harriers & Athletic Club

Juan McDonald, President

Email: [president@olympicharriers.org.nz](mailto:president@olympicharriers.org.nz)

Geraldine Smith

Email: [secretary@olympicharriers.org.nz](mailto:secretary@olympicharriers.org.nz)

#### Athletics Wellington:

Jo Murray, [jo@athleticswellington.org.nz](mailto:jo@athleticswellington.org.nz) and 021 976116

Note Jo is away on leave and only checking emails from time to time, so the best contact while she is away for interclubs and Kids Cross Country Series events is Daryl Bloomfield at [daryl@fedude.co.nz](mailto:daryl@fedude.co.nz)