



OTAGO CROSS COUNTRY CHAMPIONSHIPS

Sunday 16 July 2023

Chisholm Park Golf Links – Dunedin

Organising Clubs: Leith and Civil Service

Meeting Manager: Margaret Knox

Race Entry Information

1. Entry to all races is open to club and community runners and walkers.
2. These races will be held under the IAAF Technical Rules 2020 & ANZ Supplementary Rules for cross country events.
3. Championship titles will be awarded to Athletics Otago registered competitive athletes.
4. Club uniforms are to be worn.
5. Team's Races: In all grades the first three Athletics Otago registered runners from the same club to finish will count for the team's race.
6. Open 4 km run and walk: Certificates will be awarded for these events. They are not championship events. The walk is not judged but all entrants are expected to walk the entire distance. Running, if observed in the open 4 km walk, may lead to disqualification.
7. Ages are taken as at 31 December 2023 except that Masters ages are *on the day*.
8. Masters Age Grades will be 35-49; 50-64; 65+
9. All entries are to be done online via Athletics Otago website athleticsotago.co.nz Online entries close on Saturday 15th July at 6.00 pm. Entries will be received after this time on payment of a \$10 late fee.

Entry Fees	Athletes registered with Athletics NZ via clubs	Community Athletes
Ariki Kids Cross Country Fun Run	Free	Free
Under 12 & Under 14	Free	\$10.00
Under 16	\$5.00	\$15.00
All other age groups	\$15.00 (\$20.00)	\$25.00

Toilet and changing facilities are available at the Chisholm Links Golf Club.

Competition Number/Bib: All athletes are required to check in 20 min prior to the start of the race to collect their race bib. Bibs will be collected immediately after the race. Does not apply to the U8 Fun run.

Medal & Certificate Presentations for most grades will be held in the Chisholm Links Golf Club at 1.00 pm. Presentations for the U16, U14, U12 grades will be held at the completion of these events. Medals will be awarded to the first 3 finishers in each age group. Certificates will be awarded to the winning team in each age group and the placegetters in the Open 4 km Run & Walk.

Athletics Otago Winter Points Event: This race attracts the following points for registered athletics Athletics Otago members; 5 points for participation, 3, 2,1 for placing 1st, 2nd, 3rd respectively.

The Otago team for the NZ Cross Country Championships will be announced after entries have closed on the Athletics NZ website.

Enquiries: Email: athleticsotago@xtra.co.nz



OTAGO CROSS COUNTRY CHAMPIONSHIPS RACE DAY PROGRAMME 2023

(Please note that race start times may be delayed if there is a frost on the morning of the event)

Course will be run in a clockwise direction.

EVENT 1: 10.15 am

Ariki Kids Cross Country Fun Run 1 km - out and back course including obstacles

EVENT 2: 10.35 am

Boys & Girls U12	2 km	1 lap
Boys & Girls U14	3 km	1 ½ laps
Boys & Girls U16	4 km	2 laps
Masters Women 65+	4 km	2 laps
Open Run 15+ Men & Women	4 km	2 laps
Open Walk 15+ Men & Women	4 km	2 laps
Women U18	5 km	2 ½ laps

EVENT 2: 11.10 am

Women U20	6 km	3 laps
Masters Women 35-64	6 km	3 laps
Men U18	6 km	3 laps
Masters Men 65+	6 km	3 laps
Men U20	8 km	4 laps
Masters Men 35-64	8 km	4 laps
Senior Women	10 km	5 laps
Senior Men	10 km	5 laps