



Open Cross Country Event

incorporating Athletics Waikato Bay of Plenty 2022 Cross Country Championships

Saturday 16 July 2022

Hosted by the Lake City Athletic Club – Rotorua
at the
Ray Boord Park - Westbrook Complex – Devon Street West, Rotorua

Order of events

Race	Start time	Grade	Distance	Entry fee
No 1	1.30pm	Boys /Girls U14 (12,13 yrs)	3000 metres = 1 x 1000m + 1 x 2000 lap	\$10.00
No 2	1.50pm	Boys / Girls U12	2000 metres = 1 lap	\$8.00
No 3	2.15pm	Boys / Girls U16 (14,15 yrs)	4000 metres = 2 laps	\$12.00
		Women U18 (16,17 yrs)	4000 metres = 2 laps	\$12.00
		Men U18 (16,17 yrs)	6000 metres = 3 laps	\$12.00
		Masters Women (35 plus)	6000 metres = 3 laps	\$15.00
		Women U20 (18,19 yrs)	6000 metres = 3 laps	\$15.00
		Masters Men (65 plus)	6000metres = 3 laps	\$15.00
		Men U20 (18, 19 yrs)	8000 metres = 4 laps	\$15.00
		Masters Men (35-64 yrs)	8000 metres = 4 laps	\$15.00
		Senior Men (20 - 34 yrs)	10000 metres = 5 laps	\$15.00
		Senior Women (20-34 yrs)	10000 metres = 5 laps	\$15.00

The above fees are payable by all participants whether a social, competitive or a non-member of the sport.

Eligibility: These championships have been opened up to all athletes whether they are Athletics Waikato-Bay of Plenty registered, club/social registered or non-registered. **Only fully registered members of a club will be eligible for Waikato Bay of Plenty Championship medals or a championship placing.** Championship medals will not be awarded to walk participants, social club members and non-members.

Course description: The course is a **2km lap** (with a 1km lap for the 3km). Good quality cross-country with firm footing but with occasional slightly rough underfoot patches plus a 20-metre hill per lap. If wet, the course may be slushy with some surface water. Wearing of footwear is recommended. Course Map is below, with arrows indicating the 1km lap deviation.

Venue: Event headquarters are at Ray Boord Park, Devon Street West, Rotorua. Please, park in the designated parking area. The parking entrance is off Devon Street West. Those travelling from the East to take care when crossing from Devon Street West and up the rise to the actual parking area

Facilities: Outdoor cross-country venue with no shelter. Toilets on sight. Ample space for club tents. Come prepared for all types of weather.

Prize-giving: Prize giving on-site after the conclusion of the last event or during the day if time allows.

Grades: Where races are combined, the grades will be separated in the results.

Ages: Masters ages are on the day, with results recorded in 5-year age groups from 35 years plus. All other grades age is at 31 December 2022

Closing date: Entries must be made by Tuesday 12 July. Entries after this date will not be accepted. There will be no refund of entries after the entry closing date.

All entries to be made online at:

Enter online here: <https://wbopxcchamps16072022.eventdesq.com>

Queries regarding online entries to be directed to adminstrator@athleticswbop.org.nz

Please have your athletes support the event. All abilities catered for.

Athletics Waikato-Bay of Plenty team to the National Cross-Country Championships – Taupo, 30 July:

The Waikato Bay of Plenty Cross-Country team will be selected from those entered at **close** of entries for these championships being **midnight 24 July 2022**. Athletes entering these championships must enter themselves via www.athletics.org.nz before the entry closing date.

Course Map:



1km loop - Black line
2km loop - Multi colour line