



Present their Cross-Country Open Day

(Incorporating Athletics Waikato BOP 2011 cross-country championships)

Saturday 9 July 2011

Sanctioned event Athletics New Zealand No: WBP 1112
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Minogue Park, Tui Avenue, Forest Lake, Hamilton
(Event hosted by Hamilton City Hawks)

Order of events Start time	Grade	Distance	Entry Fees
12.45pm	Girls/Boys 10 (10 & under)	2000 metres	\$5.00
	Girls/Boys 12 (11, 12 yrs)	2000 metres	\$5.00
1.00pm	Girls/Boys 14 (13, 14yrs)	3000 metres	\$6.00
1.20pm	Women 16 (15, 16 yrs)	4000 metres	\$8.00
	Men 16 (15, 16 yrs)	6000 metres	\$8.00
	Women 19 (17, 18, 19 yrs)	6000 metres	\$10.00
	Masters women (35 plus)	6000 metres	\$12.00
2.00pm	Women 20 (20-34 yrs)	8000 metres	\$12.00
	Men 19 (17, 18, 19 yrs)	8000 metres	\$10.00
	Masters men (35 plus)	8000 metres	\$12.00
	Men 20 (20-34 yrs)	12000 metres	\$12.00

Course location / Description: The course is a 3km lap, with a 2km option. Good quality cross-country; mostly firm footing, a couple of soft spots if rain has fallen; one short sharp hill and one gradual hill per lap - Map attached.

Venue is the western edge of Minogue Park. Proceed via Ulster Street lights, Forest Lake Road, right into Walsh Street, left into Huia Avenue, right into Tui Avenue. Go to the end of the sandy road and angle park against the fence.

Time keeping: This is by in-shoe timing chip. Check in and get a shoe chip upon arrival.

Facilities: Outdoor cross-country venue. Come prepared. Ample space for club tents.

Prize-giving / Refreshments: Results and afternoon tea on-site immediately after the last event.

Eligibility: To be eligible for an Athletics Waikato-Bay of Plenty Championship placing, athletes (including masters' grades) must be fully registered with Athletics Waikato-Bay of Plenty, and must wear their 2011 registration patch on the front of their singlet. At the time of entry they must quote their 2011 Athletics Waikato-Bay of Plenty registration number. Unregistered (Club-Only) athletes are **ineligible** for Athletics Waikato-Bay of Plenty Championship placings.

These Championships have now been opened up to all athletes, whether they are Athletics Waikato-Bay of Plenty registered or a Club-Only athlete. Note that unaffiliated runners are welcome to compete however, only runners fully registered with Athletics New Zealand will be eligible for Waikato-Bay of Plenty Championship medals. Please have all your athletes support the event. All abilities catered for.

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 2011.

Closing date: Entries must be with Event Facilitator by Tuesday 5 July 2011.

All entries after 5 July will be \$3.00 extra per person. Entries will also be accepted on the day.

Entries: All entries to be made on the enclosed form, and must be accompanied by the entry fee applicable. These to be forwarded to Athletics Waikato-Bay of Plenty Cross-Country & Road Facilitator, Pam Kenny, 3 Haratua Place, Rotorua 3015.

Cheques to be made payable to Athletics Waikato-Bay of Plenty Inc.

To assist processing, entry details can be forwarded to Pam at kennys@xtra.co.nz

Athletics Waikato-Bay of Plenty team to the National Cross-Country Championships – Christchurch 23 July: The Waikato-Bay of Plenty Cross-Country team will be selected from those entered at **close** of entries for the Championships, being **midnight 10th July 2011**. Athletes entering these championships must enter themselves via www.athletics.org.nz before the entry closing date.

Course Map:



