



2025 OPSSA Cross Country Event Information

Dates:	Event Date	Friday 5 September	
	Postponement Date	Friday 12 September	
Location:	Venue	Kaikorai Valley College	
Timetable:	Marshall Briefing	10:00am	
	Welcomes	11:15am	
	First Race Start	11:30am	
	Year 5&6 Prize Giving	12:35pm	
	Year 7&8 Prize Giving	2:05pm	
Race Start Times:	Year 5 Girls	11:30am	
	Year 5 Boys	11:45am	
	Year 6 Girls	12:00pm	
	Year 6 Boys	12:15pm	
	Year 7 Girls	12:30pm	
	Year 7 Boys	12:50pm	
	Year 8 Girls	1:10pm	
	Year 8 Boys	1:30pm	
Course Details:	Distances	Year 5 and Year 6	Approximately 2.0 km
		Year 7 and Year 8	Approximately 2.4 km
		<ul style="list-style-type: none"> Spectators must keep off the running course so as not to impede runners 	
Prize Giving:	Year 5 and Year 6	<ul style="list-style-type: none"> Presentations in the Gymnasium Foyer at 12:35pm Medals for first 3 place getters in each race Certificates for first 5 place getters in each race Zone Trophy for the Year 5&6 Girls and the Year 5&6 Boys 	
	Year 7 and Year 8	<ul style="list-style-type: none"> Presentation in the Gymnasium Foyer at 2:05pm Medals for first 3 place getters in each race Certificates for first 5 place getters in each race Zone Trophy for the Year 7&8 Girls and the Year 7&8 Boys 	
Entry Information:	Eligibility	2025 Affiliated OPSSA Schools	
	Entries Open	Monday 18 August	
	Entries Close	10:00pm, Wednesday, 3 September	
	Entries Site	opssa.org.nz	
	Year 5 and Year 6	<ul style="list-style-type: none"> Runners must first qualify at their Zone's Cross County Event A maximum of 10 runners per race per Cross Country Zone 	
	Year 7 and Year 8	<ul style="list-style-type: none"> Runners must first qualify at their School's Cross County Event A maximum of 12 runners per race per School 	
Payment Information:	Entry Fee	\$5 per runner entered	
		<ul style="list-style-type: none"> Schools will be invoiced based on the number of runners entered and not the number of runners that compete on the day Payment is due on receipt of the invoice 	
Racebands:		<ul style="list-style-type: none"> Team Managers collect School sets of Racebands from the Gymnasium Foyer on raceday Racebands will include the Runners' name, race number and School for entries received by 10:00pm Wednesday 3 September Allow extra time prior to races to collect, issue and fit the Racebands 	

- First Aid:**
- Qualified First Aid Staff will be at the event
 - Each School should also have a suitable first aid kit
- Clothing:**
- Runners must compete in your School's athletic/running uniform
 - Warm clothing to wear after races and a change of shoes are highly recommended
- Footwear:**
- Runners must compete in running shoes
 - Please remind runners that their shoes are likely to get wet and covered in mud
 - Runners may not run in bare feet
 - Spike shoes are not to be worn due to the concrete and asphalt areas of the course
 - Rugby/Football boots, Cricket shoes etc similarly may not be worn
- School Gear:**
- Each School should have a suitable first aid kit
 - Towels can be very useful for runners that have fallen over or gone for a slide
 - 1 or 2 tarpaulins are very useful for gear and bag storage
- Postponement:**
- If required, postponement notices will be posted on the OPSSA website
 - The Hits radio station will also be contacted if there is a postponement
- Facilities Information:**
- | | |
|-----------------|--|
| Gymnasium Foyer | <ul style="list-style-type: none"> • The Gymnasium Foyer is being made available for our use • Please remain on the plastic floor covered areas • Remove wet and muddy footwear before entering the Foyer |
| Toilets | <ul style="list-style-type: none"> • Toilets are available off the Gymnasium Foyer • Portaloos will also be available |
| BBQ | <ul style="list-style-type: none"> • Kaikorai Valley College is running a \$2 BBQ and \$1 drink stall |
| Rubbish | <ul style="list-style-type: none"> • Please use the provided rubbish bins • Thoroughly clean your school's area before departing |
- Parking:**
- Please remind parents not to park in the Kaikorai Valley School car parks
 - Parking is only available on Kaikorai Valley Road and surrounding streets
 - Please remind parents to allow sufficient time to park as they may need to walk a distance

Marshalling:

A large number of Marshals are required to ensure the event is safe and successful.

Cross Country Zone must provide at least 1 Marshal for the entire event

- Given the nature of the role, it would be ideal if the Marshal was a Teacher from a School within the Cross Country Zone
- A Parent, School Resource Person, Volunteer would also be an excellent Marshal
- Each Cross Country Zone Organizer is asked to coordinate the provision of their Zones Marshal for this event

Further Information:

Website
Email

opssa.org.nz
crosscountry@opssa.org.nz

Event Support



Kaikorai Valley College
OPPORTUNITY AND SUCCESS FOR ALL

We would like to thank Kaikorai Valley College for their tremendous support with this event.
It is a brilliant course and the use of the school grounds, facilities and assistance with course staging is greatly appreciated.