



---

## ***Cross Country – COMPETITOR NOTES***

---

It is compulsory for all entrants in this event and their supporters to read this notice and comply with its stipulations. They are also responsible for familiarising themselves with the event course and all its hazards. Please inform your supporters of their responsibility to comply.

Signing your waiver or completing your online entry is an indication you agree to comply with these guidelines.

---

### ***PRIMARY RESPONSIBILITY***

---

- 🚫 You are responsible for your own health and safety during the event.
- 🚫 The Cross Country Race involves an element of risk, where competitors may encounter challenging run conditions.
- 🚫 You should only undertake to participate in this event if you believe that you are fit to do so.
- 🚫 At no stage during this event should you engage in activity that would threaten your own safety and the safety of other people.
- 🚫 You should obey marshal and Event Staff where they are instructing you for your safety.
- 🚫 Marshals are giving up their time to help you, please treat them with respect. If you have any issues with a marshal's conduct please do not approach them independently – please refer to the Event Manager.
- 🚫 Whilst every effort is made to make sure the course is marked accurately, and marshals are available at key points it is your responsibility to know the course prior to starting your race.

---

### ***COURSE AND CONDITIONS***

---

- 🚫 Conditions on the event days are undetermined and can change during an event, please observe and act accordingly for your safety.
- 🚫 Areas involved in the course are naturally uneven / off road please remain aware at all times of potential risk to self and others.
- 🚫 APES Games 2023 events take place unless the Event Manager evokes either a contingency course or cancellation – please bring suitable clothing for each event.

---

### **GENERAL NOTES**

---

- 🚫 The roads are open for all normal traffic but should not impact on the Cross Country event. The event takes place in a public area.
- 🚫 Competitors must behave in a manner that is safe, fair and demonstrates good sports conduct before, during and after the race.
- 🚫 No earphones or headsets are allowed at any time during the event.
- 🚫 Please report any accidents to the Event Director or marshal during the event.
- 🚫 If you pull out of the race for any reason, please advise the nearest marshal and the timekeepers when you return to Start / Finish.
- 🚫 Please give assistance to fellow competitors in need of help.
- 🚫 If you have finished, please have consideration for others still moving through the course.
- 🚫 Spectators must not follow athletes in a vehicle or on bicycles on the course at any time during the event.
- 🚫 Dogs must not accompany competitors or marshals in position in this event.
- 🚫 If spectators have no choice but to bring dogs, they must be on a leash at all times and kept well clear of all competitors.

---

### **GAMES REGISTRATION**

---

All participants are required to check in at the Registration Desk at the Games Hub (Rotorua Energy Events Centre) in person before playing sports or taking part in an activity.

For safety and security, we cannot accept someone checking you in on your behalf. This includes Teams. Each Team Member is required to check in individually at the Games Registration.

---

### **VENUE**

---

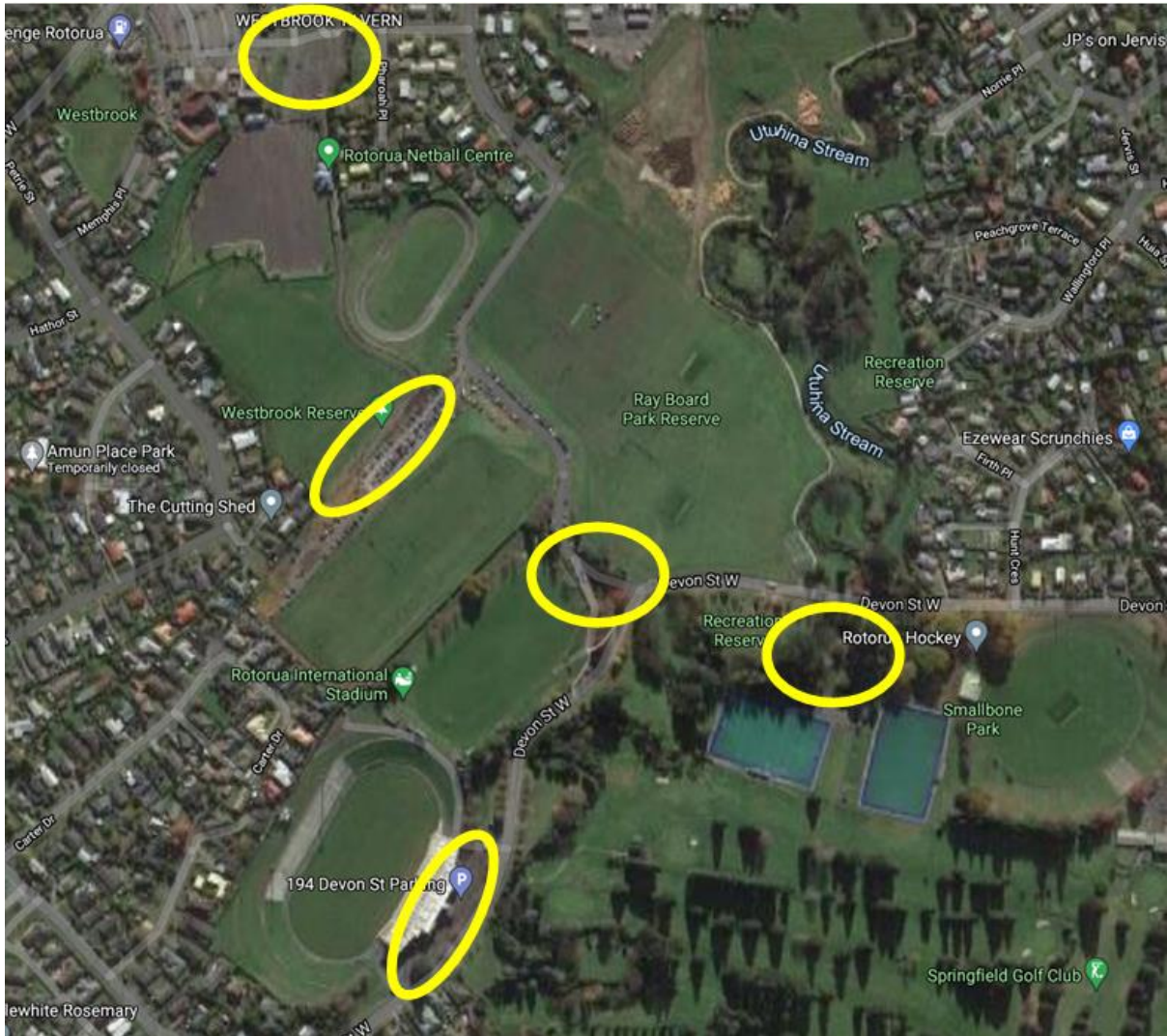
The venue for the Cross Country Event is Ray Boord Park, Devon Street West, Rotorua

---

### **PARKING**

---

Parking is provided at the Venue. There are several parking options near to the Ray Boord Park (shown below):



---

### ***EVENT CHECK-IN***

---

Event Check-in for the Cross Country will be at the following times:

Friday 10<sup>th</sup> March 2023 – 07:30am–08:15am

---

### ***COMPETITION RULES***

---

#### **Distances**

Males - 4 laps = 8Km

Females - 3 laps = 6km

Over 65's - 2 laps = 4km

## Age Groups

OPEN | 18-29 | 30-34 | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80+

All Competitors will be eligible for the Open Competition in their race distance.

## Course Description

This is a 2km lap course with a pinchy little climb at about 1.2km each lap. Proposed course shown below. There may be slight changes to this course depending on ground conditions.



## Run Course

- Follow the directions of marshals at all times.
- APES Games 2023 signage and event tape indicates course route.
- Run in single file wherever possible.
- You must wear footwear at all times.
- This is an off-road run so the ground is uneven and there may be exposed roots and rocks present on the trail.
- The trail crosses over an access road so competitors need to be aware of any raised curbs.

**Timing:** Responders and Race Numbers will be provided at registration. This event will have electronic timing provided by Fastway Timing Services.

Timing Chips will be collected at the finish. Please do not leave with your Timing Chip. Lost timing chips will incur a \$60.00 charge (this will be charged to the Credit Card used when Registering for the event).

Whilst we will have electronic timing for this event it is your responsibility to know how many laps you are completing and to count your own laps during the event.

---

### **SCHEDULE**

---

<b>Time</b>	<b>What's Happening</b>	<b>Who is involved</b>
07:30am	Registration	All participants
08:15am	Competitor Briefing	All Participants
08:30am	Cross Country Starts	All Participants Officials
09:15 – 10:30am	Cross Country Finishes	All Participants Officials








---

### **SPECTATORS**

---

Spectators are welcome to attend the Cross Country Event. APES Games 2023 staff and the Cross Country Event Team will strive to keep all spectators safe from harm but all spectators are responsible for their own personal safety.

Here are some pointers to help spectators stay safe while watching the event:

-  Be responsible and keep your own safety in mind.
-  Always follow and obey marshal's instructions.
-  Observe and follow all event signs.
-  Stay within designated spectator areas.
-  Do not enter any restricted areas. If you are unsure, please ask a marshal.
-  Keep off the track and always pay attention.
-  Children to be accompanied at all times.

---

### **PRIZE GIVING**

---

Prize Giving will take place at the Games Hub, Rotorua Energy Events Centre between 5pm – 7pm on Friday 10<sup>th</sup> March 2023. Full details will be available once Games Registration closes on 10<sup>th</sup> February 2023.

---

### **KEY CONTACTS / INFORMATION**

---

<b>Name</b>	<b>Role/Organisation</b>	<b>Contact Number</b>
Robert Conder	Cross Country Sports Co-ordinator	0211920270
Graham Perks	APES Games Sports Manager	021 191 3660

---

***ADDITIONAL INFORMATION***

---

Food and Drink will be available for purchase at the venue.

Physio & Strapping services are available through Go Physio (1221 Haupapa Street, Rotorua – Tel: 07 347 8380) who will be operating a Drop-in Clinic 7am – 5pm Monday 6<sup>th</sup> March – Friday 10<sup>th</sup> March 2023 - <https://gophysio.co.nz/>