



Information for Athletes

We thank you for your entry to this year's Cooks Classic. We have over 300 entries our biggest ever. If you are not competing and need to scratch from your event please advise us by return email.

PAK 'n SAVE Cooks Classic 2022

The Red traffic light regulations with its 100 maximum demand that we stick to the rules. We regret the inconvenience placed on athletes but under the circumstances if we are to continue with events like the Cooks Classic it is important that we follow the protocols.

Please Note the session times

Session 1 Starts at 4 -00 pm	Entry from 2 -45 pm
Session 2 Starts at 6 -30 pm	Entry from 5 -30 pm
Session 3 Starts at 7 -55 pm	Entry from 7 -00 pm (Mile & 3,000m enter at 7.35 pm)

You are not to arrive before your session entry time and must leave after the session or event you are competing in.

The Grand Hotel are pleased to provide an athlete's rest area in the old Breakers Restaurant at the Hotel. The area is about to be redeveloped but athletes are welcome to relax there where it is hoped that the livestream will be played. Entry through main entrance of the Hotel with vaccine pass. Food and drink can be purchased at the hotel.

If you are in Session 1 and not back until Session 3 you should use this facility at the Grand as you are expected to leave the ground after your session1 event.

Ground Entry

Athletes (have your vaccine pass even though it was scanned with your entry)

Collect numbers at Cook Street entrance.

Athletes A to L on left side and enter by left gate

Athletes M to Z on right side and enter by right gate

Do not come before your session. Note Rest area at the Grand Hotel

Officials Vaccine passes will be checked at the entry

Enter by St Hill Street and up the steps and check in at the Function Room by 3 -00 pm

The Officials briefing is at 3 -00 pm

Young Volunteers

Check in at Cook Street large mesh gates leading to the gear shed. You will enter by that gate. Vaccine passes required





Information for Athletes (2)

Coaches and approved support people

Enter Wilson Street, Vaccine passes required. **Please pre apply for entry.**

Sponsors

Enter St Hill St gate by the Observatory. Note small path heading up from the road.

Seating in the Stadium

New Zealand Schools Team in front of Box 6 where your managers are located

Sprinters Block A at finish line (Socially distance and masked when not competing or warming up)

Middle Distance in Mitre 10 stand back straight (Socially distance and masked when not competing or warming up)

Throwers Bell Tower end of stand

Jumpers if also in sprints with sprinters otherwise in the stand on the back straight at the 1500m start end

Leaving stadium at conclusion of Meet or after your session

Athletes and young volunteers by big gates at Cook Street close by where you entered

Officials by gate you entered

Sponsors by the way you came in

Coaches and support by Wilson Street

Call Room

There is no call room for Field Events. You will be advised when warm up in the arena can start.

Track events 15 minutes prior to event and you will be led out. Note there is an all- weather strip by the call area for final strides. Failure to report could lead to disqualification.

Reminders

Please follow instructions concerning entry and departure

Social distancing

Masks when not in action and about the stadium

Remember we are live-streamed and visible with us all following protocols



PAK'nSAVE

Cooks Classic

SUNDAY 30TH JANUARY 2022

COOKS GARDENS WHANGANUI WHANGANUI
ALL YOU NEED (AND TIME) RIGHT!

1992-2022
60TH ANNIVERSARY
SNEL'S WORLD 1 MILE RECORD

OLYMPIANS WHO HAVE COMPETED AT COOKS



TIME	Session One	DIVISION
4.00 pm	Whanganui & Partners 400m Hurdles	Men
4.00 pm	Grand Hotel Long Jump	Men / Women
4.10 pm	Whanganui & Partners 400m Hurdles	Women
4.15 pm	Air Chathams Javelin	Men / Women
4.30 pm	Eye on Victoria 200m	Men
4.40pm	Wanganui Eye Care 200m	Women
4.50pm	PAK'nSAVE One Mile—NZ Championship B	Men B Race
5.00pm	H&A Print Elite Master's Mile	Men
	Break — End of Session One	
	Session Two	
6.30 pm	Whanganui Collegiate School High Jump	Women / Men
6.40 pm	Unichem Whanganui Pharmacy Hammer	Women
6.45pm	Velo Ronny's Bicycle Store 100m	Men
6.50pm	Velo Ronny's Bicycle Store 100m	Women
6.55 pm	Grassroots Trust Triple Jump	Women
6.55 pm	Mitre 10 MEGA Shot Put	Men / Women
7.05 pm	Steelform Roofing Group 800m	Men
7.15 pm	Phillips Electrical 3,000m NZ Championship	Women U20
	Break — End of Session Two	
	Session Three	
7.55 pm	Grassroots Trust Triple Jump	Men
7.55 pm	Loaders 400m Handicap Heats	✦ Handicap
8.10 pm	Loaders 400m	✦ Men
8.15 pm	Loaders 400m	✦ Women
8.20 pm	Mitre 10 MEGA 3,000m NZ Championship	Men U20
8.35 pm	Van Dalen's One Mile NZ Championship	Women
8.45 pm	PAK'nSAVE One Mile NZ Championship	Men
Notes		
Colour Keys	WA Continental Tour Challenger Events	Open Events
Colour Keys	NZ Championships	



**WORLD
ATHLETICS.**





Supporters / Family / Freinds Who cannot join us on the day

Livestream

Available on Sky Sport Next

Link: <https://youtu.be/llie2T0PAkg>

Live Results

Live Results available from Matstiming

Link: <http://www.matstiming.co.nz/results/2022%20Results/2022%20CooksClassic/>

and is able to be downloaded to any cell phone. Scan the QR link to get up to date live results while you watch the event.

QR Code for Live Results



Coaches and approved support people

Should you want a Pass for your coach or approved support person (driver of vehicle to bring you to the event please email us so that we can forward you a "Special Pass". **My Vaccine Pass** still required to enter the ground.

Entrance: Wilson St / Maria Place extn, next to Whanganui Rugby Union headquarters.

Email: russell@sportsheritage.nz