



**AUSTRALIAN
ATHLETICS**

INVITATION GUIDANCE DOCUMENT

NEW ZEALAND XC CHAMPIONSHIPS

1st AUGUST 2026



1. Overview

This document sets out the basis on which Australian Athletics (AA) will invite a team of athletes to compete in the New Zealand Cross Country Championships in Christchurch on 1st August 2026 (Competition). The aim of this team is to give Under-20 and Under-23 athletes an opportunity to gain international racing experience.

Athletes may be invited in the following events: U20 Women's 6km Cross Country, U20 Men's 8km Cross Country, Senior Women's 10km Cross Country, Senior Men's 10km Cross Country.

2. How will athletes be invited to this competition?

AA will appoint an Invitation Panel comprised of three (3) people to invite athletes to compete at the Competition. AA may invite up to four (4) athletes per event, for a maximum team size of 16 athletes.

Athletes intending to compete in the Under-20 events must be born in 2007 or 2008. For the Senior Races, priority will be given to Under-23 athletes (those born in 2004, 2005 or 2006).

Athletes must be:

Eligible to compete for Australia internationally;

Registered with an AA Member Federation;

Be and remain in 'good standing' with Australian Athletics

Athletes must complete the online Expression of Interest (EOI) form by 23:59pm AEST on 22 June 2026, confirming their eligibility to compete and providing details of their relevant performances for consideration by the Invitation Panel. The Invitation Panel will only consider any relevant performances between 22 August 2025 and 22 June 2026.

The Invitation Panel may consider any factor, or combination of factors that in its opinion is relevant for consideration when inviting athletes to the Competition, including but not limited to:

- Performances across the Australian Domestic Season
 - 2026 Australian Open & U20 Athletics Championships in 800m-5000m
 - 2025 Australian and State Cross Country Championships
 - 2025 Zatopek in U20 3000m / Open 10000m
- Head-to-Head performances against other eligible athletes
- Consistency of performances
- Any other relevant performances included on the athlete's EOI form



The Invitation Panel will meet in the week beginning 22 June 2026 to consider the EOI forms submitted. The decision of the Invitation Panel is final.

Athletes who have been successful in the EOI will receive their invitations by 5pm AEST on 26 June 2026.

Any athlete who is notified that they have been unsuccessful in the EOI process is welcome to travel to the Competition at their own cost.

For more information about the Competition please refer to [Athletics New Zealand](#)

To put in your Expression of Interest please click [here](#)

3. What Happens After Invitation?

Upon receipt of an invitation, Athletes must:

Confirm acceptance of invitation by replying to the invitation email within 48h;

Sign and abide by the Australian Athletics Team Agreement;

Complete all any mandatory education courses, including but not limited to:

Sport Integrity Australia (SIA) Anti-Doping Fundamentals;

SIA Annual Update;

SIA Safeguarding Induction;

Illicit Drugs in Sport;

Competition Manipulation & Sports Gambling.

AA and Athletics New Zealand will provide partial financial support towards the cost of flights, accommodation and food. Athletes will be required to pay a **\$1000 levy** to contribute to competition cost.

On acceptance confirmation you (and/or a parent) will receive an email from Australian Athletics Accounts with payment details to secure your place on this tour. Full payment will be due 48h after accepting the invitation.

Late withdrawals: Athletes who withdraw from the tour after 9 July 2026 will receive a 50% refund only. Athletes who withdraw after 16 July 2026 will forfeit the full payment.



Appendix 1: New Zealand Cross Country Championships Schedule of events

Start Time	Event	Distance
10:45	U20 Women	6km
11:20	U20 Men	8km
11:55	Senior Men	10km
12:45	Senior Women	10km