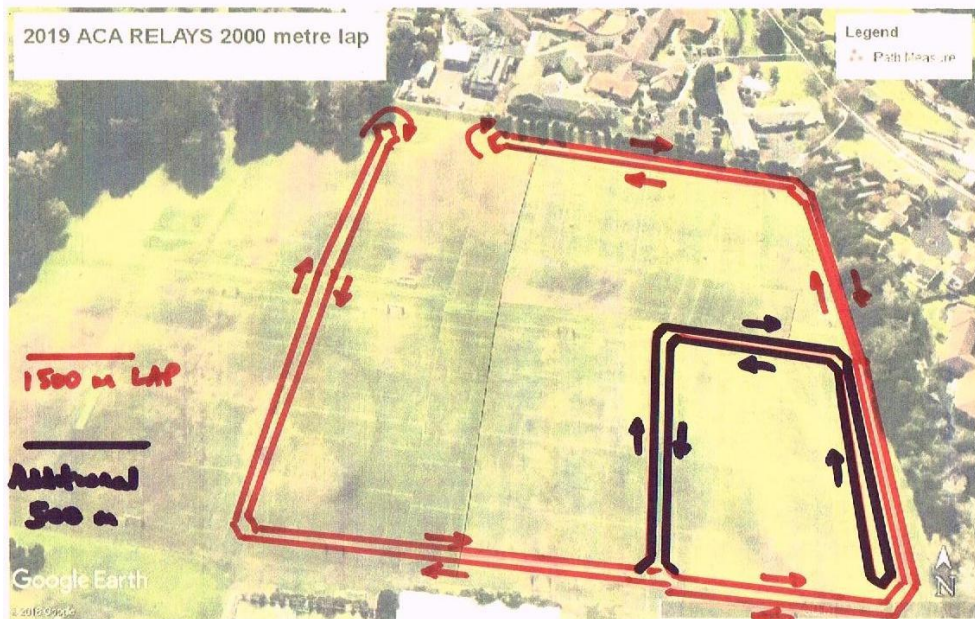


### Entry Procedures for Races 2, 3 & 4:

- Ensure name of runner and estimated lap time for each runner is included.
- The relay is conducted under 2 categories for each event; 1<sup>st</sup> on handicap and fastest time.
- An athlete can run twice in the same team; but that team will not be eligible for fastest team award.
- Handicap results will be based on the closeness of estimated to actual times for each team.
- Changes to teams are accepted on the day but **only changes for non appearance of athletes or order change are allowed. The athlete name only will be changed – the estimated time initially supplied will stand. Changes are made on the Individual Team Result Sheet supplied in the Team Race Pack.**
- No additional teams may be entered on the day.
- **Last lap runner MUST** wear LAST RUNNER number supplied.
- Clubs are asked to **complete the Individual Team Result Sheet (cumulative times only required)**. When completed, please put in the box by the finish.
- Watches, or heart monitors, are **not** to be worn NOR may times or instruction to speed up or slow down be given by team members, coaches or spectators – otherwise you **will** be disqualified!! The purpose of the event is to run to the estimated time without any assistance.

Course Map

Red = 1500 metre lap; Black = to make up to 2000 metre lap.



# ACA Run & Relays Incorporating Southland Centennial Relay SATURDAY 18 JULY 2020

**Sacred Heart College, Entry  
Gate 4, West Tamaki Rd.**

**Open to Club or non-Club athletes.  
AAI REGISTRATION NOT REQUIRED  
FOR THIS EVENT.**

Athletics New Zealand Rules apply.  
Athletes compete at own risk.

Sanctioned by:



No pre-entry required for Individual Event (Race 1). Register at the event between 11 am and 12 noon.

**RACE 1. 1.00 pm**

**Individual event – any age; female or male.**

Event over two 1500 metre laps.  
\$10 for Adults; \$4.50 for 15 and Under.

\*\*\*\*\*

Pre entry is required for Races 2, 3 and 4.

Entries close the Friday before Race Day.

Please assist our data entry by sending your entries to [dipa@craddock.co](mailto:dipa@craddock.co) using the [e-mail entry form](#).

**RACE 2. 1.00 pm**

Distance: 2 laps of 1500 metres per lap per team member.

**Race 2A - All Walkers.**

2 per team, any Grade, female or male in team,  
\$10 per Grade U18, U20, Senior or Master athlete,  
\$4.50 per Grade U16 and below athlete.

**Race 2B - Senior Women (including WU18 & WU20)**

3 per team, \$10 per athlete, i.e. \$30 per team  
Senior comprises U18, U20 & Senior and can include Grade U16 and Master athletes.

**Race 2C - Masters Women**

3 per team, \$10 per athlete, i.e. \$30 per team  
Masters teams may only comprise Master Athletes.

**RACE 3. 2.00 pm**

**Girls and Boys up to Grade U16 Combined.**

Distance per lap of 2000 metres.

4 per team, any Grade, male or female in team

\$4.50 per athlete, i.e. \$18.00 per team

To qualify for fastest time prize, Grade U16 Combined Teams must include at least one female runner.

**RACE 4. 3.00 pm**

Distance: 2 laps of 1500 metres per lap per team member.

**Race 4A - Senior Men (including MU18 & MU20)**

5 per team, \$10 per athlete, i.e. \$50 per team  
Senior comprises U18, U20 & Senior and can include Grade U16 and Master athletes.

**Race 4B - Masters Men.**

4 per team, \$10 per athlete, i.e. \$40 per team

Masters teams may only comprise Master Athletes.

**All competitors receive an Anzac biscuit.**

**Food and Refreshments available!!!**

Further information: Dianne Craddock ph: (09)5231763,  
E-mail [dipa@craddock.co](mailto:dipa@craddock.co)