

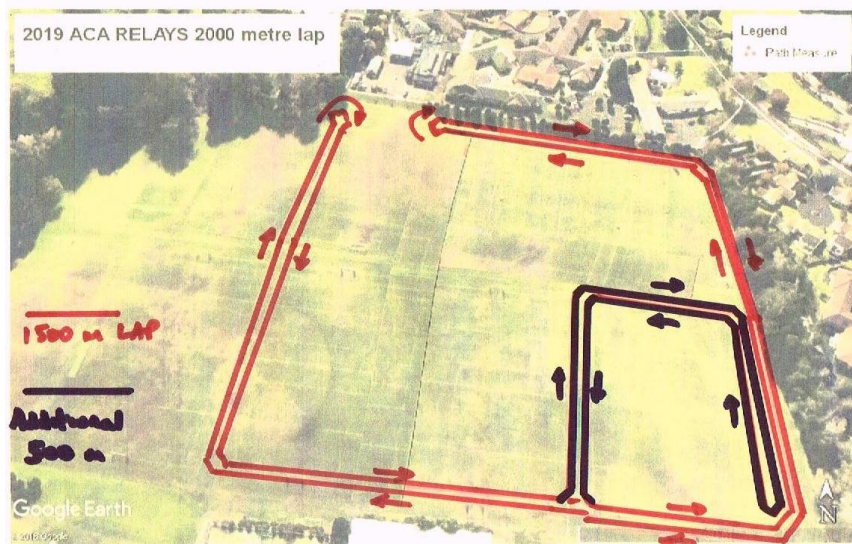


Entry Procedures for Races 2, 3 & 4:

- Ensure name of runner and estimated lap time for each runner is included.
- The relay is conducted under 2 categories for each event; 1st 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 17 APRIL 2021

**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 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 2D - Masters Men.

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

Senior Men (including MU18 & MU20)

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

5 per team, \$10 per athlete, i.e. \$50 per team

Senior comprises U18, U20 & Senior and can include Grade U16 and Master athletes.

Food and Refreshments available!!!

Our bank account is 12-3027-0414899-00

Further information: Dianne Craddock

dipa@craddock.co