



**AUCKLAND CITY**  
ATHLETICS CLUB

# ACA PAIRS RELAYS

## Saturday 14 August 2021

### Cornwall Cricket Club, Cornwall Park

#### EVENT OVERVIEW:

The ACA Pairs Relays is an enjoyable and unique event for runners of all ages.

It is held over a 3km course across farmland in the lower reaches of Cornwall Park near the Cornwall Cricket Club (Green Lane West, Epsom – opposite the ASB Showgrounds). Parking is available in Cornwall Park near the sunken gardens, then a short walk to the cricket ground.

Pairs of runners (2 pairs for Junior girls or boys, 1 pair for older athletes) run in opposite directions around the course until they meet each other, then turn around and run back the other way before finishing together. If each pair is running about the same speed, they will run a similar distance – but if one runner is faster, they will run further than their partner.

There are team prizes and spot prizes to win.

#### RACE EVENTS:

**Event 1 2.00pm WOMEN (3 Grades: U18/U20, Seniors, Masters)**  
**MEN (3 Grades: U18/U20, Seniors, Masters)**  
Note: Each team will comprise 1 pair only (2 runners).

**Event 2 2.30pm JUNIOR GIRLS (teams include all ages up to U16)**

**Event 3 3.10pm JUNIOR BOYS (teams include all ages up to U16)**

NOTE: Each boys or girls team will comprise 2 pairs (4 runners). A valid team cannot have more than 2 U16 grade runners.

#### ENTRY FORMS:

- Clubs must notify ACA by Thursday 12 August (email [andrewpirie1961@gmail.com](mailto:andrewpirie1961@gmail.com)) of total number of teams being entered per race so Race Numbers can be allocated (see template for notification on separate Flyer sheet).
- On race day, collect Race Numbers from the ACA tent for your Club teams. Additional Race numbers are available if required.
- Either prior to or on Race Day, complete 1 Entry Form per Event per Club. **Keep the Entry Form(s) with you until the race has started and then place them in the box by the end of the Finish chute.** This allows changes in Team order or personnel to be made right up to Race Start time.
- If the Club is short of a full team of 4 Junior runners, then the team can run as a 3. See Event Rules below for details. A Club may not enter more than 1 team of 3 in any one Race Event.
- See Event Rules below regarding Composite Teams comprised of surplus runners. Once a runner is put into a Composite Team, they must compete for that team.

## EVENT FEES:

**\$10** per men's & women's team, **\$20** per boys' or girls' team (i.e. \$5 per runner).

Preferably, fees should be paid via internet banking into ACA's bank account. Please state your Club name in the reference field.

Auckland City Athletics      ASB Bank      **12-3027-0414899-00**

## EVENT RULES:

- 1) Race Number colour indicates which side of the Start area the athlete will run from: red for right side, black for left side.
- 2) Junior Events have 2 pairs of race numbers - the race number will be followed by either "1" or "2" indicating first or second pair respectively.
- 3) Paired runners (one with the baton) run in opposite directions around the course. When the runners meet, the baton must be handed to the other runner before they both turn around and run back (over the same section of the course) to the Collection Zone.
- 4) Runners must wait in the Collection Zone for their partner before proceeding up the finish chute to pass the baton to the second pair, or before crossing the finish line.
- 5) A valid Junior team cannot have more than 2 U16 grade runners.
- 6) If a Junior team has only 3 runners, the first lap is to be completed by a pair. The remaining runner must not be an U16 athlete, must wear both race numbers, will start from the baton receiving lane and will run the whole course before finishing across the finish line. A 3-person team will be awarded  $\frac{3}{4}$  of the points gained for the race placing provided the team does not have more than 2 Grade U16 athletes.
- 7) Runners not placed in a team by their Club may request inclusion in a Composite team. Composite teams will participate fully in the event.
- 8) Runners not placed in a full Club or Composite team may run as individuals. However, they will be eligible for spot prizes only.
- 9) **Shoes are recommended for all runners as the course is over farmland.**
- 10) Prize Giving will commence as soon as results are completed.
- 11) This Event is run under AAI and ANZ Rules
- 12) All athletes compete at their own risk.