



Championship Timetable

Race 1: Start time 1.00pm – Entry fee \$60 per team

U18/U20 Men, Senior Men, Masters Men 40, Masters Men 50

Race 2: Start time 1.15pm – Entry fee \$50 per team

U18/U20 Women, Senior Women, Masters Men 60+, Masters Women, Composite, Walks

Race 3: Start time 2.30pm – Entry fee \$15 per team

Boys and Girls U16

Prizegiving: approximately 3.30pm

Championship Rules

Team Numbers and Number of Laps

- U18/U20 Men, Senior Men, MM40, MM50 – Each team must have 4 athletes and will run a total of 13 laps. Each athlete must complete a minimum of 1 lap each. **Laps must be run consecutively.**
- U18/U20 Women, Senior Women, MW35+, MM60+ & Composite teams – Each team must have 3 athletes and will run a total of 8 laps. Each athlete must complete a minimum of 1 lap each. **Laps must be run consecutively.**
- Walks – Each team must have 3 athletes and will walk a total of 6 laps. Each athlete must complete a minimum of 1 lap each. **Laps must be walked consecutively.**
- Boys and Girls U16 – Each team must have three athletes and will run 3 laps total. Each athlete must run 1 lap each. Girls can run in a boys' team. There are no age restrictions per team, however, minimum age is 7 years of age and they must be capable of running 2.5km on an undulating course.

Athlete Replacement

Where an athlete is unable to complete a lap, that athlete may be replaced by the athlete who is to complete the next lap, or if it is the last lap, another member of the team having already competed, but not by a reserve or emergency athlete. The replacement athlete must follow the course back to where the athlete has withdrawn and commence from that point. Verbal advice of the substitution shall be given to the Referee or to an Assistant Referee within 15 minutes after the completion of the lap by the Team Manager or his/her nominee. Failure to provide timely advice of a substitution shall result in team disqualification.

Infringements and Time Penalties

Wrong uniform	30 seconds
Number not clearly displayed	30 seconds
Number defaced	30 seconds
Making a false start/changing before or after the change zone	60 seconds
Running outside the course in a non-dangerous manner	60 seconds
Cutting a corner in a non-dangerous manner	60 seconds
Pacing in any manner	2 minutes
Being in possession of, or using, a banned device	2 minutes
Impeding another athlete or unsporting manner	Team DQ
An athlete does not complete a lap	Team DQ
An athlete does not run laps consecutively	7 minutes

Uniform

All athletes shall compete in their official club uniform.

Race Number

All athletes shall wear their team's assigned number on the front of their competition uniform, so that it is clearly visible to race officials. The number may not be defaced or folded in any way.

Banned Devices

Any athlete contesting a lap shall not be in possession of, or use, an electronic device.

Entry Information

Entries close at 7.30pm on the Wednesday prior.

No entries on the day.

All entries must be made using the supplied Athletics Auckland entry form and be emailed to:

office@athleticsauckland.co.nz

Safety

Athletes shall at all times run between the cones. The course is closed to traffic. All athletes compete at their own risk.

Protests and Appeals

All protests shall in the first instance be made to and decided by the Race Referee who may consult with his/her assistants. All appeals against a referee's decision shall be made to the jury of appeal in accordance with the regulations laid down by Athletics Auckland. A fee of \$50.00 is payable with each appeal to the Competition Manager.

Timing

Each team will be supplied with a lap recording sheet. Teams are responsible for timing their athletes. All team recording sheets must be handed into the Competition Manager in the control room within 10 minutes of the team finishing.

Athletics Auckland will only be responsible for the finish time of each team.

Club Duties

All clubs must supply 1 marshal for the duration of the event and must report by 12.30pm to the Competition Manager.

Any queries relating to the entry or competition requirements please contact

office@athleticsauckland.co.nz