



ACA Pairs Race

Saturday 5th August 2023

Cornwall Cricket Ground

entry Greenlane West (opposite Showgrounds entrance)

Parking is available in Cornwall Park near the sunken gardens. Then a short walk to the cricket arena.

**Event 1: 2:00pm ALL SENIOR GRADES FOR WOMEN & MEN
 Combined U18/U20, Masters & Seniors**

Event 2: 2:30pm JUNIOR GIRLS (Grades U8, U10, U12, U14 and U16)

Event 3: 3:10pm JUNIOR BOYS (Grades U8, U10, U12, U14 and U16)

Prize Giving will commence as soon as results are completed.

Please advise number of teams per Event being entered by the Thursday prior to the event (August 3rd) to:

dipa@craddock.co

Club:

Event #		# Teams
1	WU18/WU20	
1	Masters Women	
1	Senior Women	
1	MU18/MU20	
1	Masters Men	
1	Senior Men	
2	Junior Girls (Grades U8, U10, U12, U14 and U16)	
3	Junior Boys (Grades U8, U10, U12, U14 and U16)	

ENTRY FORMS

- One (1) Entry Form per Event per Club is to be completed (on the day).
- Notify by Thursday prior to the event (email dipa@craddock.co) of total number of teams being entered per race so that the race numbers can be allocated.
- Collect Race Numbers from the ACA tent for your Club teams on arrival at the venue. Additional Race numbers are available if required.
- **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.**
- See Rules below regarding Composite Teams comprised of surplus runners. Once a runner is put into a Composite Team, they **must** compete for that team.
- If one member of a Junior team does not arrive, and cannot be replaced by another, then the Team can run as a 3. The first lap is to be competed by a pair; the remaining runner must not be a Grade U16 athlete, must wear both race numbers, will start from the baton receiving lane, and will finish across the finish line. The 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.
- Where a Club has entered FULL Teams and has another Team of 3 athletes only, that team may compete under the conditions above. A Club may not enter more than 1 team of 3 in any one race.

RACE GRADES

Junior Events	Senior Event
Grades U8/U10/U12/U14/U16	Grades U18/U20, Masters & Senior
Each team will comprise two (2) sets of pairs. A valid team cannot have more than two (2) x Grade U16 runners	Each team will comprise one (1) pair only

EVENT FEES

All grades = \$5.00 per athlete

EVENT RULES

- 1) This Event is run under AAI and ANZ Rules
- 2) **Shoes are recommended for all runners as the course is over farm land.**
- 3) Race Number colour indicates which side of the Start area the athlete will run from.
- 4) Junior Grade Events have 2 pairs – the race numbers will have the race number followed by either “1” or “2” indicating first or second pair respectively.
- 5) Batons must be handed from one runner of a pair to the other runner before they turn around and run back (over the same section of the course they ran out) to the Collection Zone.
- 6) 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.
- 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) All athletes compete at their own risk.

COURSE

Course will be confirmed week of the race on advice from Cornwall Park and the farmer of which paddocks we can run in.