

ATHLETICS AUCKLAND EVENTS – RULES AND DETAILS

SENIOR WINTER LEAGUE

1. The Athletics Auckland Senior Winter League consists of 10 rounds of races at different venues across the Auckland Region. These races are hosted by different clubs affiliated to Athletics Auckland.
2. Entries to the Senior Winter League are open to all registered club members – any clubs affiliated to Athletics New Zealand.
3. Entries from non-club members will be accepted, but these entries will incur an additional fee and results will not form part of club points.
4. Only registered club members affiliated to Athletics Auckland will be eligible for points at the League races. Entries from registered athletes affiliated to other centres are welcome to enter, but their individual results or the results of any relay teams they contribute to will not form part of club points.
5. Entries to the Senior Winter League is open to all runners aged U18 and above. There are four age categories – for both male and female.
 - U18/U20
 - Seniors (20 – 34)
 - Junior Masters (35 – 49)
 - Senior Masters (50+)
6. Points will be allocated for each event. For the U18/U20 age category the Top 2 runners of each age grade will contribute to the overall team points (thus making a team of 4). For Seniors, Junior Masters and Senior Masters the Top 4 runners of each age category contribute to the points.
7. Points system:
 - When competing in each league event, the placing gained in each age group becomes the point, for example, if an athlete finishes first, they will receive 1 point, if they finish 10th, they will receive 10 points, etc.
 - The points from the Top 4 members of each club (or in the case of the under 18's and under 20's the Top 2 in each grade), are then added together to become that team's points for that event, for example, if a club has runners finishing in 1st, 4th, 8th and 11th positions, that will become a point score of 24 for the team.
 - The team with the lowest score becomes the winning team, the next lower score the second team, and so on.
 - The winning team for each league grade per club then gets given the highest score, 2nd place gets the next highest score, etc. Refer to the chart below. It is these points that accumulate from each league event throughout the whole series.
 - At each event an updated leaderboard will be displayed showing the placings for the Top 8 Teams in each league grade as well as the overall leading club.

Example: Individuals

1 st place	2 nd place	3 rd place	4 th place	5 th place	6 th place	7 th place	8 th place	9 th place	10 th place
1	2	3	4	5	6	7	8	9	10

Example: Teams (Top 8)

1 st place	2 nd place	3 rd place	4 th place	5 th place	6 th place	7 th place	8 th place
8	7	6	5	4	3	2	1

8. Athletes are responsible for their own entries for individual events. Relay teams will be entered by clubs.

9. For relay events, league points are awarded on the basis of the finishing order. Note, only one team from any one club in each category counts for league points.
10. Athletes may run in two different races on the day, however, only one of those will count towards the overall points.
11. All athletes are required to run in their club singlet.
12. All athletes are encouraged to participate! Each athlete participating makes a difference to the results, no matter your running ability.

JUNIOR WINTER LEAGUE

1. The Athletics Auckland Junior Winter Relay League consists of 6 rounds (races) and is run at different venues across the Auckland Region.
2. Entries to the Junior Winter Relay League is open to all registered Auckland club members.
3. Entries are done through the club. No individual entries will be accepted for relay events.
4. Only registered club members affiliated to Athletics Auckland will be eligible to participate in these races. In most instances there will be a fun run for non-registered members. The only exception is for the ACA Southland Centennial Relays, where non-members will be encouraged to run for clubs.
5. Entries to the League is open to all runners aged U8 to U16. Each event has different rules so make sure you familiarise yourself with these closer to the event.
6. Entries must be submitted to the organisers of the event prior to the cut-off date.
7. Clubs compete in the league for the Hansen Shield and Turnco Shield. Points are allocated at each event, for both the Hansen and Turnco Shields. The winners will be the clubs with the highest score over the 6 events.
8. The winning club for the Hansen Shield will be the club with the greatest number of points over the series over the following grades and gender: U8, U10, U12, U14 and U16.
9. The winning club for the Turnco Shield will be the club with the highest average points per runner over the following grades and gender: U8, U10, U12, U14, U16, and which has a minimum of 9 runners across the grades.
10. If a club does not have enough runners to form full teams, they can form a combined team with another club – noting that this cannot be the fastest runners from clubs to form an elite team. In such instances, points will be split across the clubs forming part of that team.
11. All athletes are required to compete in their club singlet.
12. All athletes are encouraged to participate in the events – regardless of running ability! Each athlete participating makes a difference.

[For more information about the Junior Winter League click here](#)

JUNIOR GRAND PRIX SERIES

1. The Athletics Auckland Junior Grand Prix Series consists of five races throughout the Auckland Region and is open to all registered club members between the ages of U8 to U16.
2. Fun community races will be held at some of the events and U7's and non-registered members are encouraged to participate in these.
3. Separate Race Walk events are included in the Road Championships and Road Relay Championships.
4. The series will find a Grand Prix Champion in each gender age grade – U8, U10, U12, U14, U16.
5. For all events championship points will be allocated, e.g 100 for 1st, 99 for 2nd, 98 for 3rd, 97 for 4th, etc (points will continue downwards in single units).

6. The Grand Prix Champions at the end of the season will be the athletes with the highest number of points in their age grade. To be eligible for the final championship points runners must have competed in four of the five races and must include either one of the Auckland Championship events. If all 5 events have been completed, the lowest points will be dropped off. However, if after the last race, the points are equal for any of the first three place getters, there will be a count-back system with the number of wins, seconds and thirds counting (in that order).
7. The definition of “competed” is that the athlete has made a genuine effort to complete the race.
8. You MUST be an Athletics New Zealand Registered athlete to receive any points in the Grand Prix Series. Registered athletes from other centres qualify.
9. Athletes must report to the Registration Desk on race day to receive their race number, which will have a transponder attached. NO LATE ENTRIES will be accepted on race day.
10. Athletes may compete in bare feet; however we strongly recommend all runners wear appropriate footwear because underfoot conditions cannot be guaranteed at any event. **Only athletes in the U12 and up age categories are allowed to run in spikes.**
11. Athletics Auckland will appoint a Meeting Manager for the Teams Race, Cross Country Championship and Road Championship. They will be the final judge over any matter pertaining to the eligibility of competitors at those championships.
12. Athletics Auckland will appoint referees (up to four) for each event, and they will be the final Judge over any matter relating to the rules or conduct of the event.
13. Race Marshals will be in place at each event and are there largely for the safety of competitors. However, ignoring their instructions or directions may result in a disqualification by the Referee.
14. All races in the series will be conducted under World Athletics and Athletics New Zealand competition rules.
15. **NO PACING ALLOWED.** While it is acceptable for supporters to encourage athletes they must not run alongside the athlete. This is known as pacing and could result in disqualification of the athlete.
16. Athletes may run up an age grade. However, they will not be able to gain GP points in their own grade for any race they run up. This must be done via an email to the office (office@athleticsauckland.co.nz) and the appropriate fee paid.
17. First, Second and Third placegetters in grades U8 to U16 will receive prizes and/or trophies for the series at the end of the season during the Athletics Auckland Prizegiving. Certificates will also be given to the Top 10 placegetters.
18. All athletes are required to compete in their club singlet.
19. All athletes are encouraged to participate in the events – regardless of running ability! Each athlete participating makes a difference.

AUCKLAND CHAMPIONSHIPS:

1. Championships include Auckland Teams Cross Country, Auckland Cross Country, Auckland Road and Auckland Road Race Walk and Auckland Road Relays including Auckland Race Walk Relay. Medals, pennants, cups and trophies will be awarded at the Athletics Auckland Prizegiving at the end of the season.
2. Athletics Auckland Championship Medals can only be awarded to Athletics Auckland registered members.
3. All athletes are required to compete in their club singlet.

GENERAL RULES APPLICABLE TO ALL RACES

1. The definition of “competed” is that the athlete has made a genuine effort to complete the race.
2. You MUST be an Athletics Auckland registered athlete to be eligible for points.

3. All club registered athletes MUST compete in their correct club uniform. For more details on what is required, please contact your club.
4. Athletes must report to the Registration Desk on race day to receive their race number, which will have a transponder attached. NO LATE ENTRIES will be accepted on race day.
5. Although every effort will be made to ensure courses are as safe as possible, runners compete in these events at their own risk.
6. Athletes may compete in bare feet; however we strongly recommend all athletes wear appropriate footwear because underfoot conditions cannot be guaranteed at any event. **Only runners in the U12 and up age categories are allowed to run in spikes.**
7. A First Aid Kit and Defibrillator will be available at all venues and can be found at the Registration Desk (or in the club rooms where applicable).
8. A Meeting Manager, Referees and Race Marshalls will be appointed for all races. The Meeting Manager will be the final judge over any matter pertaining to the eligibility of competitors at those championships. The Referees will be the final Judge over any matter relating to the rules or conduct of an event. Ignoring instructions from a race marshal may result in disqualification.
9. All races will be conducted under World Athletics and Athletics New Zealand competition rules.
10. **NO PACING ALLOWED.** While it is acceptable for supporters to encourage athletes they must not run alongside the athlete. This is known as pacing and could result in disqualification of the athlete.
11. The use of electronic devices such as mobile phones or iPods, etc is prohibited within the competition area and may result in disqualification.
12. Where a course is marked with two rows of cones or tape, athletes are required to run between the rows. Where there is only one row of cones or tape, athletes may run up to two metres either side of the row. Where the course is marked with cones, the course boundary is the straight line between the cones. Athletes running outside the marked course may be disqualified from the race.
13. Athletes may be permitted to start a race after the official start, but they must cross the START LINE, not just join the race from any point. Failure to do so will lead to disqualification or alternatively athletes may need to run another lap.

HOW TO ENTER

1. For the **Senior Winter League** an **Entry Link** will be posted online at www.athleticsauckland.co.nz two weeks prior to the event. Please enter prior to the cut-off date. Payment will be required at the time of entering the event. No late entries will be accepted. For Seniors it is an option to do a single entry to most of the season races. Important to note that this will not cover entry to the Auckland Waterfront Half Marathon, Night Cross, or any of the relay races.
2. The **Junior Grand Prix Series** can be entered either as a **Season Entry** online at www.athleticsauckland.co.nz or each race can be entered individually by completing the appropriate online **single entry** form, www.athleticsauckland.co.nz Entry links will be uploaded one week prior to the event. Payment will be required at the time of entering an event.
3. The **Junior Winter Relay League** entries will be submitted by the club – no individual entries will be accepted. Clubs will send out communication to their members in this regard. For more information, please contact your club committee.

RACE REGISTRATION PROCEDURES

1. **Race Number:** Athletes must report to the Registration Desk to check in and receive their race number which will have a transponder attached. **Athletes must run the entire race with the race number visibly displayed on the front of their singlet.**

2. **Reporting Times:** All athletes should arrive at each race venue with enough time to collect their race number with transponder attached, check out course layout and complete warm up preparations.
3. **Start Times:** Start times vary for each event and programme/course map and venue directions can be found under the Event on the Athletics Auckland Website. <https://athleticsauckland.co.nz/competition/events/> - final programmes will be published the day before the race. Please make sure you check these as the draft programme times may have changed.
4. **Appeals / Protests:** Appeals and protests should be addressed to the office within 24 hours of an event having taken place.

FOR FURTHER INFORMATION:

Contact Athletics Auckland:

Phone (09) 525-6903

Email: office@athleticsauckland.co.nz

Website: <http://www.athleticsauckland.co.nz>