

Junior Cross Country and Road Events and Point System

1. Junior Winter League (Relay Series)

There are six relay events that makes up the Junior Harrier Relays series for grades U16 and below:

- Race 1: South Centennial Relays
- Race 2: Oratia Junior Relays
- Race 3: Lynndale Junior Relays
- Race 4: Auckland Teams Cross Country
- Race 5: ACA Pairs Relays
- Race 6: Massey Trail Junior Relays

Points are allocated at each event, for each of the Hansen and Turnco Shields. The winners will be the clubs with the highest score over the six events.

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 clubs.

• Race 1: South Centennial Relays

- **Venue:** Sacred Heart College
- **Date:** Saturday 13th April 2024, Junior races start at 2:30pm
- **Distance:** Each runner will run a 2km lap
- **Entry Fee:** Refer to entry form
- **Team Composition:** Teams are made up out of 4 runners, any grade (U8 – U16), male or female.
- For more information or details contact: dipa@craddock.co



- This event is open to Club or Non-Club athletes (AAI Registration not required for this event).
- The Relay is conducted under 2 categories for each event: 1st on Handicap and Fastest Time.
- Fastest team must include at least one girl.
- There is also a Walks Relay included in the competition.
- An athlete can run twice in the same team, but that team will not be eligible for the 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's name only will be changed – the initial estimated time 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 the entry form must be placed in the box by the finish.
- Watches or heart monitors are NOT ALLOWED, nor may any times or instruction to speed up or slow down be given by team members, coaches or spectators – otherwise a disqualification will occur. The purpose of the event is to run to the estimated time without any assistance.
- Pre-entry is required for all teams in all races. Entries close the Friday before race day. No pre-entry required for individual junior entrants – these athletes can register on race day between 11am and 12:00pm.
- Points for the Shields are awarded as follows:
 - Teams closest to estimated time - 88 points
 - Team 2nd closest to estimated time - 84 points
 - Team 3rd closest to estimated time - 80 points
 - Team 4th closest to estimated time - 76 points
 - Team 5th closest to estimated time - 72 points
 - Team 6th closest to estimated time - 68 points
 - Team 7th closest to estimated time - 64 points
 - Team 8th closest to estimated time - 60 points
 - Team 9th closest to estimated time - 56 points
 - Team 10 closest to estimated time - 52 points
 - Team 11th, 12th etc down to 20th - 48 points, 44 points etc down to 12 points
 - All other teams completing the race - 8 points
 - Composite Teams - 4 points per team
 - The Winning Club for the Hanson Shield will be the club with the greatest number of points.
 - The Winning Club for the Turnco Shield will be the club with the highest average points per team and has a minimum of two teams.

● Race 2: Oratia Junior Relays

- **Venue:** Konini Primary School, 44 Withers Road, Glen Eden
- **Date:** Saturday 25th May 2024
- **Distance and Course:** 2km loop Cross Country combined
- **Entry Fee:** Refer to entry forms
- **Team Composition:** Junior Teams must comprise of the following:
 - 4 Runners per team from U8, U10, U12, U14 and U16 grades (all must be U16)
 - There must be at least 1 x U12 grade runner included in each team
 - Mixed teams will run in the Boys' Race



For more information or details contact: oratiarunning@gmail.com

- Points for the Shields are awarded as follows:
 - Teams closest to estimated time - 44 points
 - Team 2nd closest to estimated time - 40 points
 - Team 3rd closest to estimated time - 36 points

- Team 4th closest to estimated time - 32 points
- Team 5th closest to estimated time - 28 points
- Team 6th closest to estimated time - 24 points
- Team 7th closest to estimated time - 20 points
- Team 8th closest to estimated time - 16 points
- Team 9th closest to estimated time - 12 points
- Team 10 closest to estimated time - 10 points
- All other teams completing the race - 8 points
- Composite Teams - 4 points per team
- The Winning Club for the Hansen Shield will be the club with the greatest number of points over both races.
- The Winning Club for the Turnco Shield will be the club with the highest average points per team over both races and which has a minimum of two teams.

• **Race 3: Lynndale Junior Relays**

- **Venue:** Lynndale Athletic Club, 36 Portage Road, New Lynn
- **Date:** Saturday 8th June 2024
- **Distance and Course:** 2km loop – Road and Cross Country combined
- **Entry Fee:**
- The event is run as a Girls' Race and a Boys' Race
- **Team Composition:** Junior Teams must comprise of the following:
 - 4 Runners per team from U8, U10, U12, U14 and U16 grades
 - There must be at least 1 x U12 grade runner included in each team
 - Mixed teams will run in the Boys' Race
- For more information or details contact: kmaulvurfs@gmail.com
- **Points for the Shields are awarded as follows:**
 - Based on three formats
 - Girls
 - Boys
 - Mixed
 - Teams to contain only 2 under 16 and 1 under 12
 - Points to be awarded in three grades that teams meet the age requirements above
 - 1st. 32points
 - 2nd 28points
 - 3rd 24points
 - 4th 20points
 - 5th 16points
 - 6th 12points
 - 7th - end. 8points
 - The Winning Club for the Hansen Shield will be the club with the greatest number of points over both races.
 - The Winning Club for the Turnco Shield will be the club with the highest average points per team over both races and which has a minimum of two teams.



• **Race 4: Auckland Teams Cross Country**

- **Venue:** Barry Curtis Park

- **Date:** Saturday 20th July 2024
- **Distance:** Normal distance per age grade
- **Entry Fee:** Individual registration and entry fees as per Grand Prix requirements



- The Auckland Teams Cross Country event forms part of Athletics Auckland Grand Prix Race 2.
- For each race, points will be awarded as follows, but for individual grade races and the Teams Trophy, points for the first 3 runners in each Club only will count.
- Runners who finish outside the first three in each Club will be awarded 3 points each and will count towards team points for the Hanson and Turnco Shields only and not individual grade races or Teams Trophy.
- Points will be awarded as follows:
 - 1st runner across the line - 100 points
 - 2nd runner across the line - 99 points
 - 3rd runner across the line - 98 points
 - 4th runner across the line - 97 points
 - 5th runner across the line - 96 points
 - 6th runner across the line - 95 points
 - 7th runner across the line - 94 points
 - 8th runner across the line - 93 points
 - 9th runner across the line - 92 points
 - 10th runner across the line - 91 points
 - 11th, 12th, 13th, etc runners across line - 90 points, 89 points, 88 points, etc
 - The Winning Club for the Hanson Shield will be the club with the greatest number of points over the following grades and gender: U8, U10, U12, U14, U16 only.
 - 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 only, and which has a minimum of 9 runners across the grades.

● **Race 5: Auckland City Athletics Pairs Race**

- **Venue:** Cornwall Park, Greenlane West
- **Date:** Saturday 27th July 2024
- **Course and Distance:** The ACA Pairs race is run over a 3km course across farmland in the lower reaches of Cornwall Park, near the Cornwall Cricket Club. Pairs of runners run in opposite directions around the course until they meet each other, then turn



around and run back the same way before finishing together / passing the baton onto the next pair.

If each pair is running about the same speed, they will run a similar distance, however, if the one runner is faster, they will run further than their partner.

- **Entry Fees:**
- **Team Composition:** Junior teams must comprise of the following:
 - 4 runners per team from U10, U12, U14 and U16 grades. (2 pairs of runners for Junior Girls and Junior Boys)
 - At least 1 runner per team must be in U10 or U12 grade.
 - Mixed teams will run in the Boys' race.
- Points for the Shields are awarded as follows:
 - Teams closest to estimated time - 44 points
 - Team 2nd closest to estimated time - 40 points
 - Team 3rd closest to estimated time - 36 points
 - Team 4th closest to estimated time - 32 points
 - Team 5th closest to estimated time - 28 points
 - Team 6th closest to estimated time - 24 points
 - Team 7th closest to estimated time - 20 points
 - Team 8th closest to estimated time - 16 points
 - Team 9th closest to estimated time - 12 points
 - Team 10 closest to estimated time - 10 points
 - All other teams completing the race - 8 points
 - Composite Teams - 4 points per team
 - The Winning Club for the Hansen Shield will be the club with the greatest number of points over both races.
 - The Winning Club for the Turnco Shield will be the club with the highest average points per team over both races and which has a minimum of two teams.

● Race 6: Massey Trial Junior Relays

- **Venue:** Moire Park, Massey
- **Distance and Course:** 2km loop – through the bus and along some of the park's dirt trails which follow the Manathewhau Stream.
- **Date:** Saturday 7th September 2024
- **Entry Fee:**
- **Team Composition:** Junior teams must comprise of the following:
 - Event is run as a Girls Race and a Boys Race
 - 4 runners per team from U8, U10, U12, U14 or U16 grades – 4-person Boys OR 4-person Girls team
 - A maximum of 2 x U16 runners in each team will be allowed.
 - Mixed teams will run in the Boys' Race for children from U10, U12, U14 and U16 grades.
- Footwear is highly recommended as part of the course is on a gravel trail.



- Points for the Shields are awarded as follows:
 - Teams closest to estimated time - 44 points
 - Team 2nd closest to estimated time - 40 points
 - Team 3rd closest to estimated time - 36 points
 - Team 4th closest to estimated time - 32 points
 - Team 5th closest to estimated time - 28 points
 - Team 6th closest to estimated time - 24 points
 - Team 7th closest to estimated time - 20 points
 - Team 8th closest to estimated time - 16 points
 - Team 9th closest to estimated time - 12 points
 - Team 10 closest to estimated time - 10 points
 - All other teams completing the race - 8 points
 - Composite Teams - 4 points per team
 - The Winning Club for the Hansen Shield will be the club with the greatest number of points over both races.
 - The Winning Club for the Turnco Shield will be the club with the highest average points per team over both races and which has a minimum of two teams.

- **Series Points for Hansen & Turnco Shields**

Points for the Shields will be allocated at each event, for each of the Hansen and Turnco Shields as follows:

- 1st Placed Club - 10 points
- 2nd Placed Club - 9 points
- 3rd Placed Club - 8 points
- 4th Placed Club - 7 points
- 5th Placed Club - 6 points
- 6th Placed Club - 5 points
- 7th Placed Club - 4 points
- 8th Placed Club - 3 points
- 9th Placed Club - 2 points
- 10th Placed Club - 1 point

The Winners will be the clubs with the highest score over the five events.

2. Grand Prix Series

- The Grand Prix Series is run over 5 events, with 4 being Cross Country and the final event being the Road Championships.
- The Children's Series is held across the season and clubs compete for the Hansen Shield and the Turnco Shield and will be noted on the calendar of events as "Junior Series".
- An Open Social Run / Fun Run is offered for 3 of the 5 Grand Prix races. This is not part of the Grand Prix and athletes will not be eligible to earn points. Registered and Unregistered athletes can enter the Fun Run. No pre-registration is required to run in this event.
- The Grand Prix series is open to all registered athletes – U8 and up.

- **Races for 2024 will be as follows:**

- **Grand Prix Race 1:**

Date: Saturday 11th May 2024

Venue: Pukekohe Showgrounds

Known as a "true cross country event" – there are hills, longish grass and often a bit of mud!

As well as competing for Grand Prix points, the Auckland Cross Country Titles are at stake so fields are usually stronger for this race. For the older runners - Auckland representative teams for the National Cross-Country Championships are selected here, so it's an important race if you want to compete at the National Champs in Taupo on the 29th July 2023.



- **Grand Prix Race 2:**

Date: Saturday 18th May 2024

Venue: Pakuranga Athletic Club

This is an all-rounder's course with some open fast running on the playing fields and some more technical and muddier steeper bits as well. Pakuranga has a tuck shop where you can grab hot food and a drink and catch up after the race.



- **Grand Prix Race 3:**

Date: Saturday 22nd June 2024

Venue: Long Bay Reserve

The Long Bay course is well-drained with a sandy base, so it is fast and dry. It's also short – Only 2km for the Junior Grades (up to U16). This is the course to show off your wheels and your sprint finish. It's also right on the beach – so why not make a day of it – and go for a walk or a cool down jog afterwards?



- **Grand Prix Race 4 / Cross Country Teams Championships:**

Date: Saturday 20th July 2024

Venue: Barry Curtis Park, Flat Bush

As well as competing for individual points in the Grand Prix series, you also gain points for your club, so you run as a team. It is a bit like the American NCAA races. If you win your category, you get 1 point, if you are 2nd, you get 2 points. The team with the lowest overall score wins. It's great fun and every position for every runner counts.



- **Grand Prix Race 5 / Road Championships:**

Date: Saturday 31st August 2024

Venue: Bruce Pulman Park (tbc)

The Grand Prix series finishes with the Auckland Road Champs. The Auckland Road Race Titles are up for grabs as well as selection for the Auckland representative teams for NZ Road Champs (for older runners), which is being held on 4th September in Upper Hutt, Wellington.



- **Grand Prix Race Registration Procedures:**

- All athletes must pre-register prior to the cut-off date.
- Athletes must report to the Registration Desk to receive their race number which will have a transponder attached to it.
- All athletes should arrive an hour prior to their race to give enough time to collect their race number with the transponder attached, check out the course layout and complete warm-up preparations.
- Start times vary for each event and programme/course map and venue directors can be found under the Event on the Athletics Auckland Website.
- Runners may run up a Grade, however, they will not be able to gain GP points in their own grade for any race where they have run up an age grade. This must be done via an email to the office (office@athleticsauckland.co.nz) and the appropriate fee paid.

- **Grand Prix Points Allocation:**

- Individual points are allocated as you compete.
- Points of all races are combined to make up the total season points.
- It is okay if you miss one of the GP races, as your lowest scoring run (if all five have been completed) will be dropped off from the points table at the end of the season.
- *Points are allocated as follows:*
 - 1st runner across the line: 100 points
 - 2nd runner across the line: 99 points
 - 3rd runner across the line: 98 points
 - 4th runner across the line: 97 points
 - 5th runner across the line: 96 points
 - 6th runner across the line: 95 points
 - 7th runner across the line: 94 points
 - 8th runner across the line: 93 points
 - 9th runner across the line: 92 points
 - 10th runner across the line: 91 points
 - 11th, 12th, 13th, etc runners across line: 90 points, 89 points, 88 points, etc