

AUCKLAND TEAMS CROSS COUNTRY

This year the Cross Country Teams for Grades U18 and above has been superseded by the Senior League Competition.

TEAMS COMPOSITION:

Girls U8/U10	3	Boys U8/U10	3
Girls U12	3	Boys U12	3
Girls U14	3	Boys U14	3
U16 Women	3	U16 Men	3

- **Girls U8/U10**, run as combined team. **Boys U8/U10** run as combined team.
- **Girls U12, U14, U16 Women and Boys U12, U14, U16 Men** run as separate teams in each grade with the first 3 runners counting.

RACE RULES:

- Runners in the U10, U12, U14, U16, U18 & U20 grades may compete up one grade only. However they will not be able to gain Grand Prix points in their own grade if they do so and the entry form must indicate the grade they intend to run in (and the appropriate fee paid). **This also needs to be notified preferably to the office by email prior to the event or at the Registration Desk at the event**
- Although runners may compete in bare feet we strongly recommend all runners wear appropriate footwear because we cannot guarantee underfoot conditions. However metal spikes shoes must **not** be worn by Girls/Boys U8/U10 Grades.

POINTS:

1. U8 / U10 / U12 / U14 / U16 GRADES -

Points will be awarded to runners in each of the U12, U14 & U16 grades.

For the Teams Titles in each Grade and the Teams Trophy, points awarded to the first 3 runners only, for each Club, will count.

For the Hanson and Turnco Shield competitions team points will be a combination of actual points awarded to the first 3 runners for each Club and 3 points for all their other runners (NB. these competitions are for Grades U8/U10, U12, U14 and U16 only).

The winning Club for the Teams Trophy will be the Club with the least number of points and which has a minimum of 2 and maximum of 3 runners in each of the U8/U10, U12, U14 and U16 grade races.

The winning Club for the Hanson Shield will be the Club with the greatest number of points over the U8/U10, U12, U14 and U16 grade races.

The winning Club for the Turnco Shield will be the Club with the highest average points per runner over the U8/U10, U12, U14 and U16 grade races and which has a minimum of 9 runners across the U8/U10, U12, U14 and U16 grade races.

In the event of a tie in a Team event, the result shall be resolved in favour of the team whose last scoring member finishes nearer the first place.