



AUCKLAND CITY
ATHLETICS CLUB

ACA Relays
incorporating
**Southland Centennial
Relays**

Saturday 12th April 2025

Dilworth School – Junior Campus
entry 27 Omahu Road, Remuera,

Open to Club or non-Club athletes.

AAI REGISTRATION NOT REQUIRED FOR THIS EVENT.

Athletics New Zealand Rules apply.

Athletes compete at own risk.

Sanctioned by:



XCR JUNIOR WINTER LEAGUE

XCR SENIOR WINTER LEAGUE

DETAILS

| Race # | Start Time | Grade | Race distance per athlete | Price |
|---------|------------|--|--------------------------------|-------------------------------------|
| RACE 1 | 1:00pm | | 3km: 2 x 1500m laps | |
| 1A | “ | SENIOR WOMEN 3 per team | “ | \$15 per athlete = \$45 per team |
| 1B | “ | SENIOR MEN 5 per team | “ | \$15 per athlete = \$75 per team |
| 1C | “ | MASTERS WOMEN 3 per team | “ | \$15 per athlete = \$45 per team |
| 1D | “ | MASTERS MEN 4 per team | “ | \$15 per athlete = \$60 per team |
| 1E | “ | All Walkers 2 per team Any age or gender | | \$15 per athlete = \$30 per team |
| RACE 2* | 2:30pm | U16 GIRLS + BOYS COMBINED Male or female in team 4 per team | 2km 1500m lap + 500m add on | \$8 per athlete = \$32 per team |

*if you have surplus juniors we can run them first leg so they can still have a race

Entry Procedures for All Races:

- Ensure name of runner and estimated lap time for each runner is included. The relay is conducted under 2 categories for each event; 1st on handicap and fastest time.
- An athlete can run twice in the same team; but that team will not be eligible for 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 name only will be changed – the estimated time initially 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, please put in the box by the finish.
- Watches, or heart monitors, are **not** to be worn NOR may times or instruction to speed up or slow down be given by team members, coaches or spectators – otherwise you **will** be disqualified!! The purpose of the event is to run to the estimated time without any assistance.

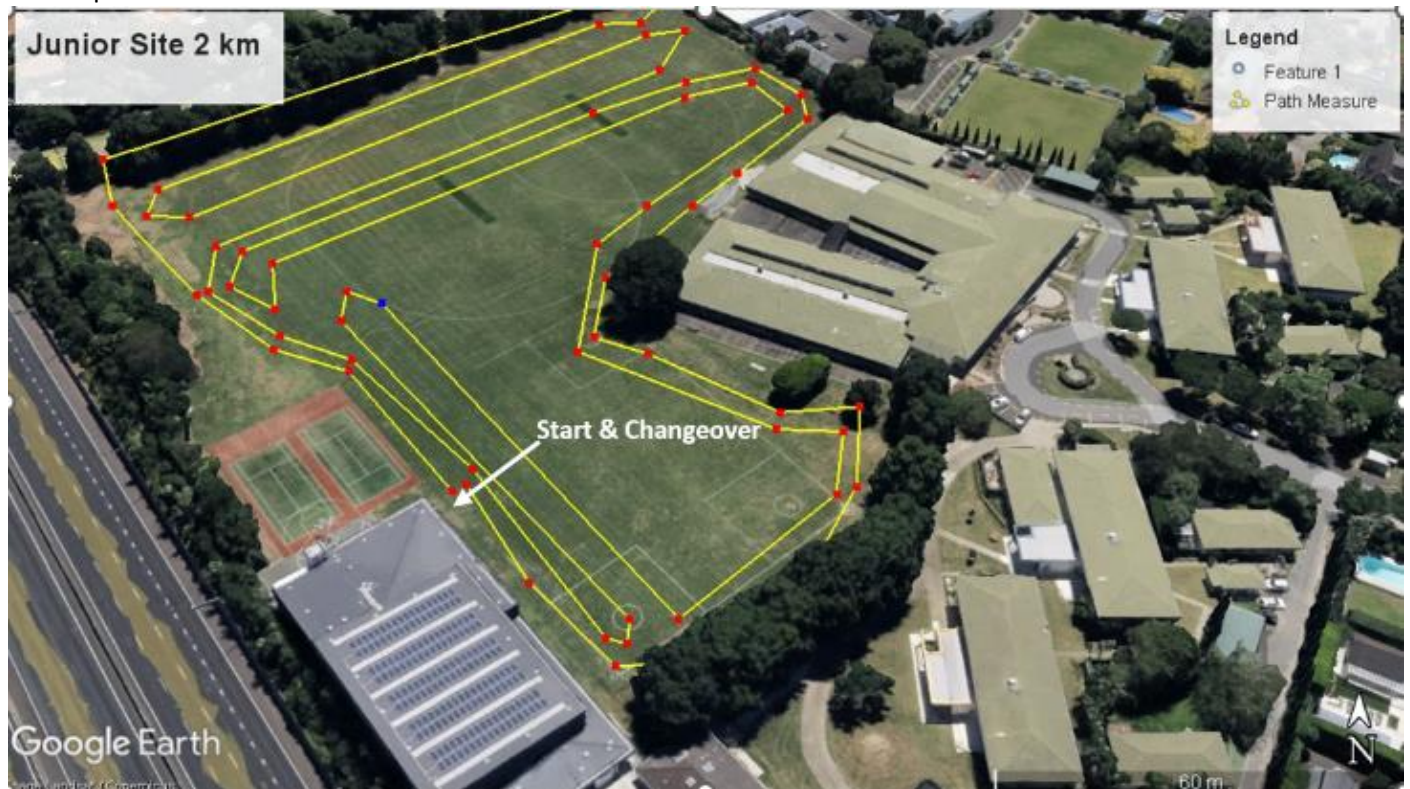
IMPORTANT NOTES

- **Pre-entry is required for all teams in all races. Entries close the Friday before race day**
Please assist our data entry by sending your entries to dipa@craddock.co using the email entry form on the Athletics Auckland website
- No pre-entry required for Individual junior entrants. Register at the event between 11am and 12noon
- Senior races comprise of U18, U20 & Senior athletes and **can include** Grade 16 and Master athletes if needed
- Masters teams **may only** comprise of Masters athletes
- To qualify for fastest time prize, U16 combined teams must include **at least** one female runner
- **Food and Refreshment available!!**
- **Bank account #: 12-3027-0414899-00**

COURSE MAP

**maps are indicative only and are subject to change depending on field conditions and consultation with groundsman*

2km Lap



1.5km Lap

