

# AUCKLAND TEAMS CROSS COUNTRY

## 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
U18 Women / U20 Women	4	U18 /U20 Men	4
Senior Women / Masters Women	5	Senior Men / Masters Men	7

- **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.
- **U18 Women / U20 Women** run as a combined team with the first 4 runners from either grade counting.
- **U18 Men / U20 Men** run as a combined team with the first 4 runners from either grade counting.
- **Senior Women / Masters Women** run as a combined team with the first 5 runners from either grade counting, however the first 5 Masters runners can also count for a separate **Masters** team. These runners may be part of a Senior team and a Masters team.
- **Senior Men / Masters Men** run as a combined team with the first 7 runners from either grade counting, however the first 7 Masters runners can also count for a separate **Masters** team. These runners may be part of a Senior team and a Masters team.

## 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. **This needs to be notified, preferably to the office by email prior to the event, or at the registration desk on event day at least one hour prior to the scheduled start time of the applicable race.**
- Women can run as Men. However, they will not be able to gain Grand Prix points in their own grade if they do so. **This needs to be notified, preferably to the office by email prior to the event, or at the registration desk on event day at least one hour prior to the scheduled start time of the applicable race.** Men cannot run as Women.
- 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. SENIORS GRADE -**

The same points system as used for the Grand Prix series will apply for each runner, with **RACE** placings counting, regardless of whether runners are Seniors or Masters. **The winning club in each race** will be the club with the least number of points and which has 7 runners in the Men's Race or 5 in the Women's Race.

### **2. MASTERS GRADE -**

The same points system as used for the Grand Prix series will apply for each runner, with **GRADE** placings counting. **The winning club in each race** will be the club with the least number of points and which has 7 runners in the Men's Race or 5 in the Women's Race.

### **3. U8 / U10 / U12 / U14 / U16 / U18 / U20 GRADES -**

Points will be awarded to runners in each of the U12, U14 & U16 grades and combined U8/U10, U18/U20 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 (4 for combined U18/U20 teams).

**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 and a minimum of 3 and maximum of 4 runners in **each** of the combined U18/U20 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.

## Hanson and Turnco Shield Competitions (Grades U8/U10, U12, U14 and U16 only):

- 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.
- 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.