



2025-2026 Auckland Junior Athletics Relay Champs Rules

Auckland Athletics (juniors) applies rules in this order e.g.: 1 overrides 4

1. Special Meet Rules (this document)
2. Athletics Auckland
3. Athletics New Zealand
4. World Athletics

Entries:

To provide more opportunities for athletes to compete in the 10 to 14 age group, the following competitive categories will be available:

- Boys.
- Girls.
- Track Events: Mixed (2 x females and 2 x males)
- Composite club teams. Where a club is unable to field a team that comprises the above, a composite club team can be entered consisting of athletes from up to 4 clubs. Composite teams will be eligible for medals in the appropriate category (boys, girls, mixed) but will not be eligible for competition records.

New entry rule allowing clubs to apply to enter a second team into the track relays for the Auckland Junior Relay Championships for all age groups:

- Clubs will be eligible to enter up to 2 teams (an A and a B Team) per age and gender for the track relays subject to there being sufficient lanes available. If there are more club second team entries than lanes available, the second teams will be drawn from a hat for the lanes available, and clubs will be notified of the results of the draw before the Relay Championships. All relay teams competing on the day will be eligible for medals and records.

General:

- **Clubs will be allocated duties for parent volunteers to help run events on the days of competition. Failure by the club to provide parent volunteers will result in all athletes of that club being ineligible to participate in the championships or a fee payable of \$250.00.**
- **Where a track relay team of 4 only has 3 participants who turn up on the day, the team can still participate with one of the athletes doing two legs of the relay. However, such a team will not be eligible for a recorded placing, medals or records.**
- In general, the Relay meeting will be run in accordance with Auckland Junior Rules as they apply to Grades 7 – 14 inclusive where they are not specifically set out in these rules.
- Only meeting officials, those parent helpers required to run an event and Team Managers will be allowed in the centre of the arena.
- Every effort will be made to ensure the programme runs to time and in the order laid out. The Organising Committee also reserves the right to allow the programme to run up to 30 minutes early if the situation arises so it's in the athlete's best interest to be at the venue early and remain at the venue until the completion of the events.

A and B Teams

- Where a B Team/s are entered for a relay, the A Teams will be drawn lanes first. If this results in more than 1 heat i.e. 9 A Teams, then the first 8 A Teams drawn will be in the first heat and other teams in the second heat.
- Once a B Team has been confirmed for entry, it will have the opportunity to compete on the day (provided entry fees have been paid), even if another A Team withdraws.

Track Relay Teams - Age Groups:

- No athlete can run down an age group.
- Grade 7, 8 and 9 athletes can run up within these age grades if they are not already in a relay team, without prior approval from the Competitions Manager. For example, a 7-year-old may run in a Grade 9 relay.
- Grade 10, 11, 12, 13 and 14 athletes can run up within these age grades without requiring approval from the Competitions Manager. For example, an 11-year can run in a Grade 13 Relay.
- Grade 9 athletes are:
 - a. Permitted to compete in Grades 10-11 4x100m and Medley Relays without approval by the Competitions Manager.
 - b. Permitted to run in Grades 12, 13 and 14 4x100m and Medley Relays at the discretion of the Competitions Manager.
 - c. Are not permitted to run the 400m or 800m leg in a Medley Relay.
 - d. Are not permitted to wear spikes or shoes capable of taking spikes if running in older age grade Relays.
 - e. If a Grade 9 athlete is running the first leg, they must comply with the starting rules for the 10+ Grades.
- For an athlete to run up an age, available club athletes within the existing age group must be exhausted first. Only then can Clubs use their next best eligible option from a lower age group who is not already in a relay team.
- One of the athletes is required to be of the correct age for the team.
- Athletes can only compete in one age group and either in the Girls or Boys or Mixed events as per the teams list below and remain in that category for the rest of the day.
- If an athlete runs up an age group(s), they must be in that age group for the entire competition

Uniforms

- All athletes **must compete in their official Club uniform with age patch showing name, and firmly attached on the front of their competition singlet.** If bike pants are worn, they must be either the colour of the clubs official uniform, or Black. NO multi coloured bike pants will be allowed. In addition, no casual non-competition type shorts, NRL shorts, or board shorts will be allowed for competition purposes. If you cannot obtain club-coloured shorts you must wear BLACK shorts.
- A black or white tee shirt maybe worn under the club's competition singlet (sunburn).
- Hats may be worn during events. Any mark made by a hat falling into the sand during a Long Jump will be used to measure if it is attached to the body at the point of landing. It will be a foul if a hat falls during a throwing event and the athlete leans out to the front of the circle to retrieve it as they are essentially touching the ground. It will also be a foul if a hat dislodges the high jump bar.
- Shoelaces will not determine fouls within the circle in throwing events; it must be a part of the foot (i.e. the shoe itself) that fouls the circle.

Protests

Protests will only be accepted from Team Managers accompanied by a \$20 fee. A written protest must be conveyed to the Meeting Manager or appropriate referee within 15 minutes of the official result being posted or announced.

Track

- Spiked shoes may only be worn during competition and then only by athletes in Grades 10, 11, 12, 13 and 14.
- Spike length allowed: 6mm on track and Long Jump
- The first runner in all track events for ages 10 - 14 must use starting blocks if the athlete is wearing spikes. A crouch start will be used for grades 10 and 11 if the athlete is not wearing spikes. Grade 12-14yr athletes must use starting blocks.
- Spiked shoes must be removed at the immediate completion of the athlete's event before leaving the arena otherwise the athlete may be disqualified.

Marshalling

Field events will marshal at the event.

Track events will marshal in the D at the toilet block end (right hand end looking from the grandstand) of the stadium.

Athletes must not go to the assembly areas until called.

If a full track relay team does not report, then they will be able to participate in the relay with one athlete running two relay legs. Generally, for the 4x100m this would be consecutive legs. For the 4x200m this would be leg 1 and 4. For the 4x400 it would be any two non-consecutive legs. Such 3 athlete track relay teams will not be eligible for a recorded placing, medals or records.

Field Relay Teams

- For the 7 to 9 age group, each team will generally comprise 3 athletes, either 3 Boys or 3 Girls. **One of the athletes is required to be of the correct age for the team.**
- For the 10 to 14 age group, each team will generally comprise 3 athletes, 3 Boys or 3 Girls. **One of the athletes is required to be of the correct age for the team.**
- Each team must remain the same for the whole Field Relay competition.
- One athlete will throw the Shot put, one athlete throws the Discus and one athlete will do the long jump.
- Athletes will be entitled to one practice trial and each athlete may have three trials at their event. All valid trials shall be measured

Determining Winners:

Track: Winners are determined by their heat time. There are no finals.

Field: At the completion of each field event, the athlete's best trials shall be used to rank the entire field from first to last.

All rankings are accumulated and the lowest score wins. Should this result in any draws then all rankings are accumulated and the lowest score wins. Should this result in any draws then a count back on the placings will be used. Example:

1st + 3rd + 6th = 10 points (winner by count back)

1st + 4th + 5th = 10 points

Notes for the Finish and Racing Rules

1. Athletes must remain in their lanes and return to the finish line at the completion of events until dismissed by the appropriate official.

2. Athletes must stay in their lanes during the batten changeover and after the batten changeover until dismissed by the appropriate officials.
3. The batten must change hands between the yellow ticks, (changeover zone) in each lane. 2-3-4 athletes must start in front of the first ticks.
4. Please note athletes are not allowed to run on the white lines especially around the bends on the track.

4x200m relay

- In the 4x200m the third runner must stay in the lane until the break point on the back straight.

4x400m relay

- In the 4x400m the second runner must stay in the lane until the break point on the back straight.

MEDLEY RELAYS:

1. Teams must comprise 5 runners.

An Organising Committee for any Meeting can decide that athletes be named in their running order at the time of confirmation of entry on the day of competition. Any subsequent change to any of this information must be notified to the Control Room by 1 hour prior to the event start time. Failure to follow these Rules may lead to disqualification of any offending Relay Team.

2. Teams may race in any order, but the legs must be 2 x 100m, 1 x 200m, 1 x 400m and 1 x 800m.
3. These relays will start from the 400m stagger marks and all teams may break lanes at the completion of the second curve (where athletes enter the home straight on the first lap approximately 300m from the start). From this point, athletes carrying the baton are entitled to run in Lane 1, except when changing the baton.
4. Runners are to be marshaled on the outside of the track at each changing zone. Lane 1 is to be kept clear for runners not changing the baton at that zone to pass through unimpeded. The baton is to be changed in Lane 2, except for simultaneous changes where outer lanes are to be used as required.
5. Athletes changing the baton during the first 300m of the first lap shall be marshaled into the 4 x 100m change zones prior to the start and change in their own lane as per the 4 x 100m Relays but without the use of the acceleration zone. (Relays greater than 4 x 100m do not have acceleration zones).
6. Changes made after the first 300m have been run, are made in Lane 2, adjacent to Lane 1 change zones. If there are simultaneous changes then Lanes 3, 4, 5 etc. are to be used. (Again, no acceleration zone is available). To assist in the athletes understanding this change area, large sized colored cones shall be placed inside the pole line, adjacent to Lane 1 change marks at both ends of the zone. Additionally, each end of the Lane 1 change zone shall be temporarily extended through Lane 2, 3 and 4 using 50mm wide light colored tape.
7. Following the point where the athletes break from lanes, subsequent team members at change zones shall, under the direction of a designated Official, place themselves in the order (inside to out) as their respective team members. This is the order their respective team members leave the area of the previous change (i.e. 80m out). The waiting athletes shall maintain this order, and shall not exchange positions at the beginning of the take-over zone.
8. At all change positions the athlete shall start from a stationary position within the zone and take possession of the baton within the zone. Once the baton is solely in the possession of the Outgoing runner, they may cross back into Lane 1, without causing obstruction to any athlete running through the change.
9. At all changes after the first 300m is run, athletes are to be fed from the outside of the track and athletes leaving the track must go via the outside, to ensure no athlete running through in Lane 1 is interfered with.

10. When Medley Relays are programmed at Meetings, the Meeting Manager may double up the teams in lanes where the lead off runners are racing 800m.
11. The teams are mixed age single gender medley teams consisting of one athlete for each grade between 10-14. you may substitute an older athlete for a younger one but not vice versa.