

AAI Senior Track & Field Relay Festival
Saturday, January 31st 2026
Mt Smart Stadium #2

The Inaugural Athletics Auckland Relay Festival is being held at #2 Arena Mt Smart on the last Saturday in January.

This is a great opportunity for Clubs and Schools to give their sprint, distance, and field event athletes experience at a variety of relays.

All the **Track Relays** will be **mixed events**, to enable as many Clubs as possible to enter teams. Composite teams are also welcome, so Clubs can combine forces to enter composite teams if there are insufficient male or female athletes in a particular grade available from their own membership base.

There are four **Field Relays** with separate competitions for male and female, the teams comprised of three athletes.

The entry instructions will be posted on the Athletics Auckland website two weeks prior to the competition.

Entry fees: \$12.00 per relay team

Grades: U16, U18, U20, Senior, Masters 35-49, Masters 50+

At the Festival athletes can compete both in their own grade and also one grade up, to enable greater participation.

TRACK RELAYS

4x100m Relay Mixed

Running Order: Woman, Woman, Man, Man

Distance Relay Mixed

Distance Order 1200m/400m/800m/1600m

Running order: M, W, M, W

4x200m Relay Mixed

Running Order: W, W, M, M

4x400m Relay Mixed

Running Order: M, W, M, W

FIELD RELAYS

Teams of 3 athletes entering in Women's or Men's Grade

3 female OR 3 male per Team entered

Compete using field event specifications for the Grade entered

Long Jump Relay 3 trials per athlete

Shot Put Relay 3 trials per athlete

Discus Relay 3 trials per athlete

High Jump Relay 4 heights per athlete/ 3 trials per height