

ATHLETICS AUCKLAND EVENTS – RULES AND DETAILS

GENERAL RULES APPLICABLE TO ALL RACES

1. You **MUST** be an Athletics Auckland registered athlete to be eligible for points in Senior/Junior League and Championship events. Registered athletes from other centres may enter Grand Prix and Championship events but do not qualify for championship medals.
2. The definition of “competed” is that the athlete has made a genuine effort to complete the race.
3. All club registered athletes **MUST** compete in their correct club uniform. For more details about what is required, please contact your club.
4. Athletes must report to the Registration Desk on race day to receive their race number, which will have a transponder attached. **NO LATE ENTRIES** will be accepted on race day.
5. Although every effort will be made to ensure courses are as safe as possible, runners compete in these events at their own risk.
6. Athletes may compete in bare feet; however, we strongly recommend all athletes wear appropriate footwear because underfoot conditions cannot be guaranteed at any event. **Only runners in the U12 and up age categories are allowed to run in spikes.**
7. A First Aid Kit and Defibrillator will be available at all venues and can be found at the Registration Desk (or in the club rooms where applicable). It is advisable that clubs also bring a first aid kit to outside events.
8. A Meeting Manager, Referees and Race Marshalls will be appointed for all races. The Meeting Manager will be the final judge over any matter pertaining to the eligibility of competitors at those championships. The Referees will be the final Judge over any matter relating to the rules or conduct of an event. Ignoring instructions from a race marshal may result in disqualification.
9. All races will be conducted under World Athletics and Athletics New Zealand competition rules.
10. **NO PACING ALLOWED.** While it is acceptable for supporters to encourage athletes they must not run alongside the athlete. This is known as pacing and could result in disqualification of the athlete.
11. The use of electronic devices such as mobile phones or iPods, etc. is prohibited within the competition area and may result in disqualification.
12. Where a course is marked with two rows of cones or tape, athletes are required to run between the rows. Where there is only one row of cones or tape, athletes may run up to two metres either side of the row. Where the course is marked with cones, the course boundary is the straight line between the cones. Athletes running outside the marked course may be disqualified from the race.
13. Athletes may be permitted to start a race after the official start, but they must cross the **START LINE**, not just join the race from any point. Failure to do so will lead to disqualification or alternatively athletes may need to run another lap.

SENIOR WINTER LEAGUE

1. The Athletics Auckland Senior Winter League consists of 8 rounds of races at different venues across the Auckland Region.
2. Only registered club members affiliated to Athletics Auckland will be eligible for points at the League races. Entries from registered athletes affiliated with other centres are welcome to enter, but their individual results or the results of any relay team they contribute to will not form part of club points.
3. Entries from non-club members will be accepted, but these entries will incur an additional fee, and results will not form part of league points.
4. Entries to the Senior Winter League are open to all runners aged U18 and above. There are five age

categories for both male and female.

- U18/U20
- Seniors (20 – 34)
- Masters Women (35+)
- Masters Men (35 – 49)
- Masters Men (50 - 59)
- Masters Men (60+)

Points:

- Points are allocated at each event. Every athlete who races in any event gets 1 point for their club.
 - 1st team gets 8 points, 2nd team 7 points, 3rd team 6 points, etc.
 - For U18 and U20 teams, numbers are combined across both age groups.
 - In relays, if a club has more than one team in a category, only the top team for a club will get league points. The club's second team will take up a place though.
 - Again, in relays, women can run as men (if there are not enough available men). Masters and U18/U20 runners can run as seniors.
 - All athletes are encouraged to participate. Each athlete participating makes a difference to the team results, no matter your running ability.
 - Teams for individual events are as follows: 4 for men's teams and 3 for women's teams. For relay events, team sizes will be notified in the event information or entry form for each event.
 - Team points are picked up as you compete and there are overall league tables for team performances per age category and gender across the whole series.
 - At the end of the season awards are given to the teams with the most combined points scored throughout the season.
5. Athletes are responsible for their own entries for individual events. Teams for Relay events will be entered by clubs.
 6. For relay events, league points are awarded on the basis of the finishing order. Note, only one team from any one club in each category counts for league points.
 7. Athletes may run in two different races on the day, however, only one of those will count towards the overall points.
 8. All athletes are required to run in their club singlet.

JUNIOR WINTER LEAGUE

1. The Athletics Auckland Junior Winter Relay League consists of 6 rounds (races) and is run at different venues across the Auckland Region.
2. Entries to the Junior Winter Relay League are open to all registered Auckland club members.
3. Entries are made through the club. No individual entries will be accepted for relay events.
4. Only registered club members affiliated with Athletics Auckland will be eligible to participate in these races. In most instances there will be a fun run for non-registered members. The only exception is for the ACA Southland Centennial Relays, where non-members will be encouraged to run for clubs.
5. Entries to the League are open to all runners aged U8 to U16. Each event has different rules so make sure you familiarise yourself with this closer to the event.
6. Entries must be submitted to the organisers of the event prior to the cut-off date.

7. Clubs compete in the league for the Hansen Shield and Turnco Shield. Points are allocated at each event, for both the Hansen and Turnco Shields. The winners will be the clubs with the highest score over the 6 events.
8. The winning club for the Hansen Shield will be the club with the greatest number of points over the series over the following grades and gender: U8, U10, U12, U14 and U16.
9. The winning club for the Turnco Shield will be the club with the highest average points per runner over the following grades and gender: U8, U10, U12, U14, U16, and which has a minimum of 9 runners across the grades.
10. If a club does not have enough runners to form full teams, they can form a combined team with another club – noting that this cannot be the fastest runners from clubs to form an elite team. In such instances, points will be split across the clubs forming part of that team.
11. All athletes are required to compete in their club singlet.
12. All athletes are encouraged to participate in the events – regardless of running ability! Each athlete participating makes a difference.

GRAND PRIX SERIES

1. The Athletics Auckland Grand Prix Series consists of five races throughout the Auckland Region and is open to all registered club members between the ages of U8 to Masters.
2. Fun community races will be held at some of the events and U7's and non-registered members are encouraged to participate in these. Non-registered athletes may enter all events except Cross Country and Road Championships as a X-Runner with an additional fee.
3. Separate Race Walk events are included in the Road Championships and Road Relay Championships.
4. The series will find a Grand Prix Champion in each gender age grade – U8 to Seniors, then Masters in 5-year age groups starting 35 onwards.

Age Grades for the Masters competition will be as at the first Grand Prix race in the series and competitors will automatically carry that grade throughout the entire series, including the Auckland Cross Country Championships and Auckland Road Championships. Any Senior or Masters Athletes who are eligible to move up to the next 5-year age grade, MAY choose to compete in this new grade in the Cross Country and Road Championships only (This must be done via an email to the office office@athleticsauckland.co.nz It is the athlete's responsibility to ensure that they are entered in the correct event. This allows them to compete for Auckland Cross Country and Road Championships titles in their new grade, but they will not receive GP points.
5. For all events championship points will be allocated, e.g. 100 for 1st, 99 for 2nd, 98 for 3rd, 97 for 4th, etc. (points will continue downwards in single units).
6. The Grand Prix Champions at the end of the season will be the athletes with the highest number of points in their age grade. To be eligible for the final championship points runners must have competed in 4 of the 5 races and must include either one of the Auckland Championship events. If all 5 events have been completed, the lowest points will be dropped off. However, if after the last race, the points are equal for any of the first three place getters, there will be a count-back system with the number of wins, seconds and thirds counting (in that order).
7. Athletes may run up an age grade (any more than one grade required dispensation). However, they will not be able to gain GP points in their own grade for any race they run up. This must be done via an email to the office (office@athleticsauckland.co.nz) and the appropriate fee paid.
8. 1st, 2nd and 3rd placegetters in grades U8 to U16 will receive prizes and/or trophies for the series at the end of the season during the Athletics Auckland Junior Cross Country Prizegiving. Certificates will also be given to the Top 10 placegetters. Seniors U18 and above will be awarded Championship medals, trophies, and spot prizes at a Senior Prize Giving.

AUCKLAND CHAMPIONSHIPS:

1. Championships include Auckland Teams Cross Country, Auckland Cross Country, Auckland Road and Auckland Road Race Walk and Auckland Road Relays including Auckland Race Walk Relay. Medals, pennants, cups and trophies will be awarded at the Athletics Auckland Prizegiving at the end of the season.
2. Athletics Auckland Championship Medals can only be awarded to Athletics Auckland registered members.
3. All athletes are required to compete in their club singlet.

HOW TO ENTER

1. For the **Senior Winter League and Grand Prix** an **Entry Link** will be posted online www.athleticsauckland.co.nz after the previous event approximately one week prior to the next event. **Please enter prior to the cut-off date.** Payment will be required at the time of entering the event. **No late entries will be accepted.** There is an option to do a season or single entry to all GP races only. All other events must be done individually.
2. The **Junior Grand Prix Series** can be entered either as a Season Entry online, or each race can be entered individually by completing the appropriate online single entry form, www.athleticsauckland.co.nz Entry links will be uploaded one week prior to the event. Payment will be required at the time of entering the event. Same rule as for seniors apply where you need to enter prior to cut-off date. No late entries will be accepted.
3. The **Junior Winter Relay League** entries will be submitted by the club – no individual entries will be accepted. Clubs will send out communication to their members in this regard. For more information, please contact your club committee.

RACE REGISTRATION PROCEDURES

1. **Race Number:** Athletes must report to the Registration Desk to check in and receive their race number which will have a transponder attached. **Athletes must run the entire race with the race number visibly displayed on the front of their singlet.**
2. **Reporting Times:** All athletes should arrive at each race venue with enough time to collect their race number with transponder attached, check out course layout and complete warm-up preparations.
3. **Start Times:** Start times vary for each event and programme/course map and venue directions can be found under the Event on the Athletics Auckland Website. <https://athleticsauckland.co.nz/competition/events/> - final programmes will be published the day before the race. Please make sure you check these as the draft programme times may have changed.
4. **Appeals / Protests:** Should be addressed to the Chief Referee on the day within 30 minutes of the event.

FOR FURTHER INFORMATION:

Contact Athletics Auckland:

Phone (09) 525-6903

Email: office@athleticsauckland.co.nz or xcr@athleticsauckland.co.nz

Website: www.athleticsauckland.co.nz