



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. In Senior Women, at least one of the counting runners must be competing in the Senior Women grade.
- **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. In Senior Men, at least one of the counting runners must be competing in the Senior Men grade.

RACE RULES:

- Runners in the U10, U12, U14, U16, U18 & U20 grades may compete up one grade only. **This needs to be notified, preferably to the office by email prior to the event, or at the Registration Desk at the event prior to the start of the relevant race.**
- Women can run as Men. **This needs to be notified, preferably to the office by email prior to the event, or at the Registration Desk at the event prior to the start of the relevant 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 in the Girls/Boys U8/U10 Grades.

POINTS:

1. 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 and U18/ U20 grades . For the Teams titles in each Grade, and the Teams Trophy, only points awarded to the first 3 runners from each club, will count (4 for combined U18/ U20 teams).

2. SENIORS GRADE:

Points are based on race placings, regardless of whether runners are Seniors or Masters. The winning club will be the club with the lowest team points total of the 7 runners in the Men's Race, or 5 in the Women's Race.

3. MASTERS GRADE:

Points are based on race placings. The winning club will be the club with the lowest team points total of the 7 runners in the Men's Race, or 5 in the Women's Race.

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.

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.

The winning club in each age group will receive a trophy at the end of season prizegiving.