



NEW ZEALAND Road Relay Championships Inglewood

Saturday 2 October 2010

Race Information

Conducted under Athletics New Zealand Rules

By TET Athletics Taranaki





Athletics New Zealand Road Relay Championships Information

> Inglewood >> 2 October 2010

Laps, Distance, Start Times and Entry Fees

Grade	Laps	Distance (km)	Start Time	Entry Fees
Masters Women 35+	8	73.40	9:00 am	\$200.00
Open Masters 50+	8	73.40	9:00 am	\$200.00
Open C Grade	8	73.40	9:00 am	\$200.00
Composite	8	73.40	9:00 am	\$200.00
Senior Women	8	73.40	10:10 am	\$200.00
Senior Men B	8	73.40	10:10 am	\$200.00
Masters Men 40-49	8	73.40	10:10 am	\$200.00
Walkers	6	48.90	10:10 am	\$150.00
Senior Men A	8	73.40	10:50 am	\$200.00
Junior Men	6	48.90	11:00 am	\$100.00
Junior Women	6	48.90	11:00 am	\$100.00

Start and Finish

The long and short courses both start outside TET Stadium on Elliot Street, Inglewood, with the finish for both long course and short course on the track in the TET Stadium on Elliot Street Inglewood.

Accommodation

www.newplymouthnz.com/VisitingNewPlymouth/Accommodation

Entry Procedure

There are no limits on the number of teams that a club may enter. Entries are to be on the entry form provided showing the name, grade and actual 10km time for each runner. Athletes must compete for the club that they are registered with as at 1 August 2010.

Payment of Entry

Payment may be made by direct credit to account 15 3942 0542376 02 (Please put your club name as the reference) or by sending a cheque made payable to TET Athletics Taranaki. All entry fees are non-transferable and non-refundable.

Closing Date

Midnight Sunday 19 September 2010.

Post Payment & Entries to:

Athletics New Zealand Road Relay Championships
TET Athletics Taranaki
P O Box 176,
New Plymouth 4340

Entries can be emailed using the email form to: lisa@athleticstaranaki.org.nz but email entries must be followed up by a hard copy team summary form and payment posted to the above address.

Enquiries to:

Steve Grant
SBGrant@dow.com

Race Packs

Friday 1 October 2010, from 05:00 pm at the T.E.T Stadium, Jubilee Park Inglewood.

Team Managers' Meeting

Friday 1 October 2010, 7:00 pm at T.E.T Stadium, Jubilee Park Inglewood.

Awards Ceremony

Medals will be awarded at T.E.T. Stadium, Jubilee Park Inglewood approximately 4:00 pm (1hour after the last finisher)

More detailed Race Rules (as listed in Athletics New Zealand Competitions By-Laws) will be printed in the Race programme and should be carefully read by Team Managers. By-Laws are also available via the website www.athletics.org.nz

Control of the Meeting

The meeting is controlled by the Athletics New Zealand Official Representative (Technical Delegate).

Course

It is the athlete's and team manager's responsibility to know the course. Each lap is clearly detailed in the Race Programme. Maps are also available on the website www.athletics.org.nz

When following the race, please park sensibly well off the road. Do not attempt to park in the lap change over zones, nor stop in the middle of the road to drop your runner off. In doing so, you put both athletes and officials at risk.

Preferably only one vehicle per team is allowed on the course. The official team number is to be displayed on the dashboard.

Safety

The Referee will stress the importance of safety and adhering to the race rules at the Manager's Meeting held prior to the race.

One Metre Rule

Athletes must run with both their safety and that of other road users in mind. They must run within one metre of the edge of the road at all times. This rule will be rigidly enforced and breaches of the rule will incur time penalties.

Eligibility

All competitors shall be fourteen years or over as at 31 December 2010. Competitors in the Junior Men's and Junior Woman's races shall be under 20 on the 31st December 2010.

All athletes must compete for the club that they are registered with as at 1 August 2010. The only exception is composite teams.

- One athlete - one team. No athlete may complete for more than one team.
- One athlete - one lap. No athlete may complete in more than one lap, except in the case of a replacement according to the rules below.

Replacement of Runners

Where an athlete is unable to complete a lap, that athlete may be replaced by the athlete who is to compete the next lap, or if it is the last lap another member of that team having already competed but not by a reserve or emergency athlete.

Written advice of the substitution shall be given to the Referee or to an Assistant Referee, within 15 minutes after the completion of the lap by the Team Manager or his/her nominee. Any team making a substitution shall incur a time penalty as set out in Rule 10.10. Failure to provide written timely advice of a substitution shall result in team disqualification. *Disqualification shall result in the team and its members being ineligible to claim any award or trophy associated with the race.*

A competitor who is replaced shall take no further part in the race.

Running Order

Team managers may replace athletes or re-arrange the running order of their athletes. Notification must be in writing and submitted at the Team Managers meeting on Friday 1 October 2010.

Team changes may also be submitted up to 30 minutes prior to the advertised race start time on Saturday 2 October 2010; however we do ask that Team Managers submit the bulk of changes on Friday evening.



Athletics New Zealand Road Relay Championships Entry Form

> Inglewood, New Plymouth >> 2 October 2010

Please photocopy for additional teams

Club

Team Manager

Team Managers Address

Team Managers Phone #

Mobile Phone (on Race Day)

Email Contact

Team Members Names

Lap	Surname	First Name	Grade	Actual 10k Time
1	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
2	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
3	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
4	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
5	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
6	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
7	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
8	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Estimated Total Time

Tick Applicable Box for this Team

Men Women MM 40-49 OM 50+

MW 35+ Junior Men Junior Women Composite

Walkers

