



**AUCKLAND CITY**  
ATHLETICS CLUB

**ACA Relays**  
incorporating  
**Southland Centennial  
Relays**

**Saturday 13<sup>th</sup> April 2024**

**Sacred Heart College**  
entry Gate 4, West Tamaki Rd

**Open to Club or non-Club athletes.**

**AAI REGISTRATION NOT REQUIRED FOR THIS EVENT.**

Athletics New Zealand Rules apply.

Athletes compete at own risk.

Sanctioned by:



**XCR JUNIOR WINTER LEAGUE**

**XCR SENIOR WINTER LEAGUE**

## DETAILS

Race #	Start Time	Grade	Race distance per athlete	Price
RACE 1	1:00pm		3km: 2 x 1500m laps	
1A	“	SENIOR WOMEN 3 per team	“	\$15 per athlete = \$45 per team
1B	“	SENIOR MEN 5 per team	“	\$15 per athlete = \$75 per team
1C	“	MASTERS WOMEN 3 per team	“	\$15 per athlete = \$45 per team
1D	“	MASTERS MEN 4 per team	“	\$15 per athlete = \$60 per team
1E	“	All Walkers 2 per team Any age or gender		\$15 per athlete = \$30 per team
RACE 2*	2:30pm	U16 GIRLS + BOYS COMBINED Male or female in team 4 per team	2km 1500m lap + 500m add on	\$8 per athlete = \$32 per team

\*if you have surplus juniors we can run them first leg so they can still have a race

## Entry Procedures for All Races:

- Ensure name of runner and estimated lap time for each runner is included. The relay is conducted under 2 categories for each event; 1<sup>st</sup> on handicap and fastest time.
- An athlete can run twice in the same team; but that team will not be eligible for fastest team award.
- Handicap results will be based on the closeness of estimated to actual times for each team.
- Changes to teams are accepted on the day but **only changes for non appearance of athletes or order change are allowed. The athlete name only will be changed – the estimated time initially supplied will stand. Changes are made on the Individual Team Result Sheet supplied in the Team Race Pack.**
- No additional teams may be entered on the day.
- **Last lap runner MUST** wear LAST RUNNER number supplied.
- Clubs are asked to **complete the Individual Team Result Sheet (cumulative times only required)**. When completed, please put in the box by the finish.
- Watches, or heart monitors, are **not** to be worn NOR may times or instruction to speed up or slow down be given by team members, coaches or spectators – otherwise you **will** be disqualified!! The purpose of the event is to run to the estimated time without any assistance.

## IMPORTANT NOTES

- **Pre-entry is required for all teams in all races. Entries close the Friday before race day**  
Please assist our data entry by sending your entries to [dipa@craddock.co](mailto:dipa@craddock.co) using the email entry form on the Athletics Auckland website
- No pre-entry required for Individual junior entrants. Register at the event between 11am and 12noon
- Senior races comprise of U18, U20 & Senior athletes and **can include** Grade 16 and Master athletes if needed
- Masters teams **may only** comprise of Masters athletes
- To qualify for fastest time prize, U16 combined teams must include **at least** one female runner
- **Food and Refreshment available!!**
- **Bank account #: 12-3027-0414899-00**

# COURSE MAP

RED = 1500 metre lap

BLUE = 500m add on to make up to 2000 metre lap

