



Victoria University Relay

Saturday 11 May 2019

Queen Elizabeth Park, Mackay's Crossing, Paekakariki

The Victoria University Athletic Club would like to invite your members to the Victoria University Relay events being held at QE Park on Saturday 11 May. Registered athletes AND social members of clubs are eligible to compete in the following events:

1. ***The Whittaker's Chocolate Walk*** - open to walkers of all ages. Distance of approximately 6 km. Walkers must estimate their time with the winners being the walkers who are closest to their estimated time. Prizes for first female and first male.
2. ***The Boy's & Girl's Races*** – four scratch races for athletes under 16 years of age, and a fun run for the under 7's. Athletes 16 years and older run in the junior relay. Prize giving for the four scratch races will be held shortly after the under 7's fun run, just before the start of the relay. **Age is taken as at 31 December 2019.**
3. ***The Victoria University Relay*** – 8 grades with 4 runners per team over an approx. 3.7 km lap

RACE TIMES	EVENT	DETAILS
12:00 PM	Chocolate Walk	6 km walk on the road; 11.30 registration, 12 noon start
1:15 PM	B&G U10	1.2 km: the start is over the sandhills to the south of the main start/finish area
1:30 PM	B&G U12	2 km loop from the start/finish area
1.45 PM	B&G U14	2 km loop from the start/finish area
2:00 PM	B&G U16	2 km loop from the start/finish area
2:15 PM	B&G U7	500 metres fun run "out and back" from the start/finish area

<p>2:50 PM</p>	<p>UNIVERSITY RELAY</p> <p>Junior women U20 Junior men U20 Open women Open men Masters women 35+ Masters men 35+ Masters women 50+ Masters men 50+</p>	<p>8 grades with 4 runners per team, approx. 3.7 km lap.</p> <p>All grades start together - this keeps the day compact and makes for competitive racing with athletes from the various grades unofficially competing against one another.</p> <p>Prizes will be awarded to the winning team in each grade with the prize-giving to start as soon as the final runner completes the event.</p>
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PLEASE NOTE: age is taken as of 31st December 2019 OR in the case of Masters, age on the day of the event.

NOTE: ABSOLUTELY NO DOGS ARE PERMITTED ON THE FARM AREA OF QE PARK EITHER LOOSE, ON LEADS OR IN CARS SO PLEASE LEAVE YOUR CANINES AT HOME!

Entries, fees, rules and other information:

1. There is no need to enter teams before the event. Please copy the relay entry form and submit your entry and recorded times to the Race Headquarters tent after the event. A few entry forms will also be available from the Race HQ tent on the day. Official results will be sent to all clubs as soon as they are available.
2. Relay teams who wish to compete in the Open grade instead of their age grade (i.e. U20 and Masters) must declare their intention to do so IN WRITING to the Race Director prior to the start of the relay.
3. Clubs will be invoiced for entry fees after the event: \$2 per walker, \$4 for kids in the Boy's & Girl's Races, \$40 per team in the Junior relay grades, \$48 per team in the Open and Masters relay grades. Entry fees will be accepted on the day for non-affiliated kids and walkers. No entry fee for the U10 and U7 events.
4. Runners to wear race numbers as allocated by your club on the front of singlet.
5. No runner may run more than one lap for any A &/or B team across all grades and races.
6. Runners must enter the start line from the side access, NOT VIA THE START/FINISH CHUTE.
7. Runners must follow all instructions from marshals and Wellington Centre officials.
8. The course will be marked with a combination of tape, marker poles, arrows, cones and marshals. Where 2 marker poles are placed as a gate, runners must run between the marker poles. Where 1 marker pole is used, runners must run within 5m either side of the marker pole. Failure to comply with a marshal's instruction or not following the correct course may result in disqualification.
9. Protests and Appeals: IAAF Competition Rules 146 covers protests and appeals. In the first instance, any protest must be made to the Race Referee within 30 minutes of the finish of the race.
10. The course is not suitable for bare foot running; runners who run in bare feet do at their own risk.
11. First aid is available at the Race HQ tent which is adjacent to the start/finish.
12. There is no water available and no shelter (unless provided by your club tent) so come prepared.
13. Please take caution when driving in the paddock and especially watch out for kids.

Thank you for supporting this event and we look forward to seeing you all on the day.
For inquiries please email the race director: Dave Kettles tea.pots@xtra.co.nz