

NZ Cross Country Relay 31 July 2022 (Non-Championship Trial Competition) Competition Format, Eligibility & Rules as at 17 June 2022

Competition Format

- There are four athletes in a team running 2km each. This will comprise of two laps of a 1km loop for each athlete for a total distance of 8km.
- Two athletes to be male; two athletes to be female in a team.
- This is a club centred competition.
- Grades are under 16, under 18, under 20, senior, masters 35-49 years, 50-64 years, 65 plus and composite (a composite team shall comprise a combination of two males and two females from any age group from that club).

Competition Eligibility

- Competing athletes must be current full financial members of Athletics NZ through the club they are representing.
- Competing athletes can compete up a grade but not down for the under 16, under 18, under 20, senior, masters 35-49 years, 50-64 years and 65 plus grades. Composite grade excluded.
- There is no limit on the number of teams a club can enter in a grade within the event.

Competition Rules

- The event will be run under World Athletics rules; in particular, CR18.5.
- All teams need to be finalised by 3.30pm Saturday 30 July. Any changes after this time will incur an additional fee of \$10 per team and must be made between 7.30am and 8.30am at the registration tent at Spa Thermal Park on Sunday 31 July 2022.
- Late entries will be accepted in person at the registration tent at Spa Thermal Park on Saturday 30 July up until 3.30pm with an additional late entry fee of \$20 per team.
- Relay batons will be used that get passed between team members throughout the four laps. The relay baton must be carried in the hand by each team member through the duration of their lap before being passed onto the next team member.
- The team that wins shall be the first across the line, 2nd will be second across the line, 3rd will be third across the line etc.
- In the event of an injury suffered by a team member, the next team member needs to go to the point where their team member has become injured and resume from that point.
- Athletes must follow the prescribed 1km loop.
- Athletes must exchange the baton in the defined change over zone.