

## NZ Cross Country Relays 31 July 2022 (Non-Championship Trial Competition) Competition Format, Eligibility & Rules as at 27 July 2022

### Competition Format

- There are four athletes in a team running 2km each. This will comprise of two consecutive laps of a 1km loop for each athlete for a total distance of 8km for each team.
- Two athletes to be male; two athletes to be female in a team.
- This is a club based 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).
- **Note:** competing on Saturday in the individual Championship races is not a prerequisite to competing in the relays.

### Competition Eligibility

- Competing athletes must be current full financial members of Athletics NZ through the club they are representing.
- In the under 16, under 18 and under 20 grades, athletes cannot compete down a grade; similarly, in the masters 35-49 years, 50-64 years, 65 plus grades, athletes cannot compete up a grade. The composite team grade is 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 from 8.00am to 9.30am and then from 3.00pm to 3.30pm with an additional late entry fee of \$20 per team.
- Timing will be via transponders on the back of team assigned numbers for the four athletes. Please ensure that each athlete wears their own unique number in order of running in the team.
- The team that wins shall be the first across the line, 2<sup>nd</sup> will be second across the line, 3<sup>rd</sup> 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.