



THE OLYMPIC HARRIER & ATHLETIC CLUB (INC)
PROUDLY PRESENTS THE

2016 SHAW BATON RELAYS

SATURDAY 23 April 2016

VENUE: Battle Hill Farm Park – Pauatahanui, Paekakariki Hill Rd, Porirua, Wellington. (6km north of Pauatahanui General Store).

DISTANCE: 2km laps - cross-country

COURSE: grass, gravel tracks, mostly flat to undulating with one sharp uphill & downhill. Log jumps and a water jump. Course marked with Red & White flags. Go through 'gate' when 2 set together or up to 5metres either side if set alone. Failing to follow correct course may result in disqualification.

RACE TIMES:	1:00PM	<i>(4 Runners per Team)</i>	
		Senior Women	W20-39
		Masters Women	W40+
		Junior Women	Junior Women/Youth Girls (U15-U20)
	1:50pm	1k Fun Run	B&G U10 – mass start
	2:00pm	Boys, Girls & Mixed	B&G U14, B&G U12
	2:50pm	<i>(6 Runners for Team)</i>	
		Senior Men	M20-39
		Masters Men	M40+
		Masters Open	50+
		Junior Men	Junior Men/Youth Boys (U15-U20)

PLEASE NOTE: Age is taken as your age as at 31 December 2016, OR in the case of Masters, age on the day of the event.

COME AND TRY CROSS COUNTRY RUNNING

The Relays are open to teams from Schools, Colleges and Recreation Runners who are welcome to enter in age/gender grades as above

ENTRY FEES:	Senior Women, Masters Women (40+), Jnr Women	Club	\$40.00 per team
		Non-club	\$45.00 per team
	Boys/Girls/Mixed	Club	\$20.00 per team
		Non-club	\$25.00 per team
	Senior Men, Masters Men (40+), Masters Men (50+), Jnr Men	Club	\$60.00 per team
		Non-club	\$65.00 per team

ENTRY PROTOCOLS – RACE RULES:

1. Email team entry details to the secretary@olympicharriers.org.nz by **5pm Wednesday 20 April 2016**. Athletics Wellington Clubs will be invoiced for entry fees after the event. Clubs outside the Athletics Wellington Centre, Business and School Teams, please pay entry fees on the day. Make cheques out to: Olympic Harriers. (**PLEASE complete all sections of entry form.**)
2. Confirm entry details (**any changes OR not**) at Race HQ at least 15minutes before relevant race start time and collect Team Recording Sheets (1 per team). Provide: Club Name, Team, Grade & Team Number and Runners' Full Names in lap order.
3. **PLEASE USE THE TEAM RECORDING SHEET PROVIDED BY THE RACE HOST.**
4. **Club teams** to wear race letter/numbers as allocated by your club on the front of singlet. Visiting teams please indicate race number to be used on the entry form.
5. **Non-club teams** will be allocated letters &/or numbers for respective teams.
6. **No runner may run more than one lap** for any A &/or B team across all grades and races.
7. Next lap runners **must enter** the start line from the **side access, NOT VIA FINISH CHUTE** where runners are finishing.
8. Hand in team sheet with actual running order and self-taken times, to Race HQ immediately after your last runner finishes. Remember Full Names please.
9. First Aid available.
10. Toilets available, no changing facilities, come prepared.
11. **ABSOLUTELY NO DOGS ARE PERMITTED AT BATTLE HILL FARM PARK**
12. Results will be posted on the Olympic Harrier Club website at www.olympicharriers.org.nz
13. Winning Team Members - please remain for prize-giving which will be immediately after each relay race.
14. Trophies: Shaw Baton Trophies for:

Senior Men	Masters Men 40+	Junior Men U20
Senior Women	Masters Women 35+	Junior Women U20
	Open Masters 50+	

Miniature batons for wining team athletes of above races

Medals for U10 boys and girls scratch race

Medals for winning teams in Boys U14 & Girls U14 – Boys U12 & Girls U12

Juan McDonald
President
027 437 6615



ATHLETICS NEW ZEALAND

SANCTIONED

No. AW805

2016 SHAW BATON RELAYS

ENTRY FORM

Email to secretary@olympicharriers.org.nz by **5pm Wednesday 20 April 2016** (for more teams duplicate this form)

Club/Team Contact Name: Tel:
 (one contact per club/school/business) Duplicate this form for more entries.

Club / Team (WHAC A, Scot B, etc)		Grade (Please indicate below whether SM, SW, MM, MW, JM, JW, B13, G13, B11, G11, Mixed)	Race #
Lap	First Name (Print clearly)	Last Name	Age
1			
2			
3			
4			
5			
6			

Club / Team (WHAC A, Scot B, etc)		Grade (Please indicate below whether SM, SW, MM, MW, JM, JW, B13, G13, B11, G11, Mixed)	Race #
Lap	First Name (Print clearly)	Last Name	Age
1			
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3			
4			
5			
6			