

2010 SHAW BATON RELAYS**SATURDAY 24 April 2010**

- 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 for Team)</i>	
		Senior Women	W20 – 34
		Masters Women	W35+
		Junior Women	19 & under
		Boys, Girls & Mixed	B&G 13 & under, B&G 11 & under
	1:50pm	1km Fun Run	B&G 9 & under – mass start
	2:00pm	<i>(6 Runners for Team)</i>	
		Senior Men	M20 – 39
		Masters Men	M40+
		Junior Men	19 & under

PLEASE NOTE: Age is taken as your age as at 31 December 2010, 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 Business/Corporates, Schools, Colleges and Recreation Runners who are welcome to enter in age/gender grades as above. Mixed Business/Corporate teams run in the 2pm race with 4 per team.

ENTRY FEES:	Senior Women, Masters Women, Jnr Women	Club	\$30.00 per team
		Non-club	\$34.00 per team
	Boys/Girls/Mixed	Club	\$16.00 per team
		Non-club	\$20.00 per team
	Senior Men, Masters Men, Junior Men	Club	\$45.00 per team
		Non-club	\$50.00 per team

ENTRY PROTOCOLS – RACE RULES:

1. Email team entry details (see page 3), or post to Shaw Baton Relay, Race Director, PO Box 13-095, Johnsonville, to arrive by 5pm Tuesday 20 April 2010. 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 Caravan 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** wear race letter/numbers as allocated by Athletics Wellington, Cross-Country & Road Committee, 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. Contact person will be informed by Thursday 22 Apr 2010.
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 Caravan 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	Junior Men 19 & under
Senior Women	Masters Women	Junior Women 19 & under

Miniature batons for winning team athletes

Medals for 9 & under boys and girls scratch race

Medals for winning teams in Boys 13 & under – Girls 13 & under – Boys 11 & under and Girls 11 & under

Rob McCrudden
Race Director
(04) 232 6377

email: deputy@olympicharriers.org.nz **or** secretary@olympicharriers.org.nz

ATHLETICS NEW ZEALAND

SANCTIONED

No. AW805

2010 SHAW BATON RELAYS

ENTRY FORM

Email to deputy@olympicharriers.org.nz by 5pm Tuesday 20 April 2010 (for more teams duplicate this form)

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

Team:	WHAC A, Scot B, etc	Grade Please indicate below whether SM, SW, MM, MW, JM 19 & under, JW 19 & under Boys 13 & under, Girls 13 & under, Boys 11 & under, Girls 11 & under, Mixed of any above	Race #
Circle one	CLUB	RECREATION	
Lap	First Name (Print clearly)	Last Name	Age
1			
2			
3			
4			
5			
6			

To help us get prizegivings underway earlier this year, please hand in this section to Race HQ Caravan **immediately** after your race

Team:	Grade:	Race #
Circle one	CLUB	RECREATION	0
Lap	First Name (Print clearly)	Last Name	Age
1			
2			
3			
4			
5			
6			