



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

2018 SHAW BATON RELAYS

SATURDAY 28 April 2018

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 two flags are set together or up to 5 metres either side if flags set alone. Failing to follow correct course may result in disqualification.

RACE TIMES:	1:00PM	<i>(4 Runners per Team)</i>	
		Junior Women	Junior Women/Youth Girls (U15-U20)
		Senior Women	W20-35
		Masters Women	W35+
		Masters Women	W50+
	1:50pm	1k Fun Run	B&G U10 – mass start
	2:00pm	Boys, Girls & Mixed	B&G U13, B&G U11
	2:50pm	<i>(4 Runners per Team)</i>	
		Junior Men	Junior Men/Youth Boys (U15-U20)
		Senior Men	M20-35
		Masters Men	M35+
		Masters Men	M50+

PLEASE NOTE: Age is taken as your age as at 31 December 2018, 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 (35+ & 50+), Jnr Women	Club	\$48.00 per team
		Non-club	\$53.00 per team
	Boys/Girls/Mixed	Club	\$20.00 per team
		Non-club	\$25.00 per team
	Senior Men, Masters Men (35+ & 50+), Jnr Men	Club	\$48.00 per team
		Non-club	\$53.00 per team

ENTRY PROTOCOLS – RACE RULES:

1. Email team entry details to the committee@olympicharriers.org.nz by **5pm Wednesday 25 April 2018**. All Athletics Wellington Clubs, Business and School Teams will be invoiced for entry fees after the event.
2. Confirm entry details (**any changes OR not**) at Race HQ at least 15 minutes 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 need to supply 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 35+	Junior Men U20
Senior Women	Masters Women 35+	Junior Women U20
	Masters Men 50+	
	Masters Women 50+	

Miniature batons for winning team athletes of above races

Medals for U10 boys and girls scratch race

Medals for winning teams in Boys U13 & Girls U13 – Boys U11 & Girls U11

Michelle Van Looy
President
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