



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

2019 SHAW BATON RELAYS

SATURDAY 27 APRIL 2019

- 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>	
		Youth Girls	GU16
		Junior Women	WU20
		Senior Women	W20-34
		Masters Women	W35+
		Masters Women	W50+
	1:50pm	1k Fun Run	BU10, GU10 – mass start
	2:00pm	Boys, Girls & Mixed	BU14, GU14, BU12, GU12, mixed
	2:50pm	<i>(4 Runners per Team)</i>	
		Youth Boys	BU16
		Junior Men	MU20
		Senior Men	M20-34
		Masters Men	M35+
		Masters Men	M50+

PLEASE NOTE: Age is taken as your age as at 31 December 2019, 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/Youth	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. Please use the **team recording sheet** provided by the race host.
2. **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.
3. **Non-club teams** will need to supply letters &/or numbers for respective teams.
4. **No runner may run more than one lap** for any A &/or B team across all grades and races.
5. Next lap runners **must enter** the start line from the **side access, NOT VIA FINISH CHUTE** where runners are finishing.
6. 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.
7. First Aid available.
8. Toilets available, no changing facilities, come prepared.
9. **ABSOLUTELY NO DOGS ARE PERMITTED AT BATTLE HILL FARM PARK**
10. Results will be posted on the Olympic Harrier Club website at www.olympicharriers.org.nz
11. Winning team members - please remain for prize-giving which will be immediately after each relay race.
12. Trophies: Shaw Baton Trophies for:

Senior Men	Masters Men 35+	Youth Boys U16
Senior Women	Masters Women 35+	Youth Girls U16
	Masters Men 50+	Junior Men U20
	Masters Women 50+	Junior Women U20

Miniature batons for winning 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

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