



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

## 2023 SHAW BATON RELAYS

SATURDAY 29<sup>th</sup> April 2023

**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 the correct course may result in disqualification.

RACE TIMES:	1:00PM	(4 Runners per Team)	
		Youth Girls	GU16
		Junior Women	WU20
		Senior Women	W20-34
		Masters Women	W35+
		Masters Women	W50+
		Masters Women	W60+
		Masters Men	M60+
	1:50PM	1k Fun Run	BU10, GU10 – mass start
	2:00PM	(4 runners per team) Boys, Girls & Mixed	BU14, GU14, Mixed U14, BU12, GU12, Mixed U12
	2:50PM	(4 Runners per Team)	
		Youth Boys	BU16
		Junior Men	MU20
		Senior Men	M20-34
		Masters Men	M35+
		Masters Men	M50+

**PLEASE NOTE:** Age is your age as at 31 December 2023, OR in the case of Masters, age on the day of the event.

### BU10 and GU10 1km Fun Run - Mass Start

Registration on the day. Please find the registration table when you arrive at the event and sign up before the start of the race.

## 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+ & 60+), Jnr Women	Club	\$50.00 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+ & 60+), Jnr Men	Club	\$50.00 per team
	Non-club	\$53.00 per team

### ENTRY PROTOCOLS – RACE RULES:

1. This year we will be using electronic timing.
2. Team relay entries must be submitted online by club officials via the online link (this link will be provided in the week before the event). **Entries will close 11.59 pm Thursday 27th April.**
3. Please use timing **batons** 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. First Aid available.
9. Toilets available, no changing facilities, come prepared.
10. ABSOLUTELY NO DOGS ARE PERMITTED AT BATTLE HILL FARM PARK
11. Results will be posted on the Olympic Harrier Club website at [www.olympicharriers.org.nz](http://www.olympicharriers.org.nz)
12. Winning team members - please remain for prize giving which will be immediately after each relay race.
13. 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+	
	Masters Men 60+	
	Masters Women 60+	

Miniature batons for winning team athletes of above races

Medals for U10 boys and girls scratch race

Medals for winning teams in Boys U16/U14 & Girls U16/U14 – Boys U12 & Girls U12

Tracy Berghan  
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