



Victoria University Relay
Incorporating the
Wellington Mixed Relay Championships
Saturday 11 May 2024
Queen Elizabeth Park, Mackay's Crossing, Paekakariki

**NOTE: ABSOLUTELY NO DOGS ARE PERMITTED
ON THE FARM AREA OF QE PARK
EITHER LOOSE, ON LEADS OR IN CARS
SO PLEASE LEAVE YOUR CANINES AT HOME!**

The Victoria University Athletic Club would like to invite your members to the Victoria University Relay & Wellington Mixed Relay Championship events being held at QE Park on Saturday 11 May.

1. ***The Chocolate Walk*** - open to walkers of all ages. Distance of approximately 6 km. Walkers must estimate their time with the winners being the walkers who are closest to their estimated time. Prizes for first female and first male.
2. ***Scratch Race for Boys & Girls U10*** – a scratch race (i.e. mass start) over 1.2 km for athletes under 10 years of age as at 31 December 2024. Registration on the day. Please find the registration table when you arrive at the event and sign up before the start of the race.
3. ***The U14 Children's Championship Relay*** - teams of **3 athletes** from the same club running over the 1.5-2 km lap. Each team is to have at least 1 male and 1 female. Male/female athletes can run in any order.
To allow all children to participate, children who are unable to find a team to compete in can race as an individual on lap 1 - registration on the day at the registration table. Athletes must be under 14 years of age as at 31 December 2024.
4. ***A fun run for Boys & Girls U7*** - an out & back fun run from the start/finish line over approx. 300 metres.

5. **The Junior, Open, 170 & 240 Championship Relays:** teams of **4 athletes** from the same club comprising 2 males and 2 females running over a 3.5 km (approx.) lap. **Running order must be Male, Female, Male, Female.**
All grades start together with athletes to wear a coloured wristband (provided on the day) on their right wrist to identify their grade.

Junior Mixed Relay Championship: athletes under 20 years at 31 December 2024.
Red wristbands.

Open Mixed Relay Championship: athletes can be of any age.
Yellow wristbands.

170 & 240 Mixed Relay Championships: athletes have a combined age on the day of at least 170 & 240 years respectively. Age is taken in years on the day (e.g. 58 yrs 11 months = 58). There is no minimum or maximum age for any member of a team.

170 = Green wristbands

240 = Blue wristbands

6. **The Victoria University Relay** - this is a non-championship relay with essentially "no-rules". Teams of 4 athletes which can be of any age & gender, an athlete might run twice (or more) in the same team without penalty, a team might consist of members of different clubs. **No wristbands.**

RACE TIMES	EVENT	DETAILS
12.00 pm	Chocolate Walk	6 km walk on the road. 11.30 registration, 12 noon start.
1.00 pm	B&G U10	1.2 km: the start is over the sandhills to the south of the main start/finish area.
1.15 pm	U14 Children's Championship Relay	2 km lap from the start/finish area.
2.00 pm	B&G U7 fun run	300 metres fun run "out and back" from the start/finish. Prize-giving for B&G U10 and U14 Relay to start soon after U7 fun run
2.30 pm	Mixed Relay Championships & University Relay	All grades start together, 3.5 km lap. Medals will be awarded to the first 3 teams in each of the Championship Relays. Spot prizes will be awarded to teams in the University Relay. Prize-giving to start as soon as the final runner completes the event.

Electronic Timing Batons and Changeover:

- Team members must run with the baton in their hand
- Next lap runners must enter the changeover area via the side access chute, NOT VIA THE START/FINISH CHUTE
- Baton changeover must take place **WITHIN** the allocated changeover zone

Entries, fees, rules and other information:

1. 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 9 May.
2. **Runners in the Championship Relays must be registered athletes to be eligible for centre championships & medals. Athletes do not have to be registered to compete in the University Relay.**
3. A runner can run a lap for only one team across all of the Championship events; any further laps must be in a team/s in the Victoria University Relay (the non-championship relay).
4. Clubs will be invoiced for entry fees after the event:
\$5 per walker
\$20 per team in the Children's Championship Relay; \$7.50 for individuals
\$50 per team in the Junior Championship Relay
\$56 per team in the Open/170/240 Championship & Victoria University Relays
No entry fee for the U10 and U7 events.
5. Runners must wear club uniform with the team race bib as allocated by your club on the front of singlet.
6. Runners must follow all instructions from marshals and Wellington Centre officials.
7. The course will be marked with a combination of tape, marker poles, arrows, cones and marshals. Where 2 marker poles are placed as a gate, runners must run between the marker poles. Where 1 marker pole is used, runners must run within 5m either side of the marker pole. Failure to comply with a marshal's instruction or not following the correct course may result in disqualification.
8. Protests and Appeals: IAAF Competition Rules 146 covers protests and appeals. In the first instance, any protest must be made to the Race Referee within 30 minutes of the finish of the race.
9. If a runner cannot complete their lap, they can be replaced by another member of the team but this will incur a 7 minute time penalty.
10. The course is not suitable for bare foot running; runners who run in bare feet do at their own risk.
11. There is no water available and no shelter (unless provided by your club tent) so come prepared. First aid is available at the Race HQ tent which is adjacent to the start/finish.
12. Please take caution when driving in the paddock and especially watch out for kids.

Thank you for supporting this event and we look forward to seeing you all on the day.