

Relay Champs Rules – 2015

Competition rules

Where not covered specifically in these rules, the rules of Athletics New Zealand Children's apply.

4x100m

1. Championship medals and certificates to be awarded to the first three placed teams in each relay, determined by photo finish and/or time.
2. The result, if more than eight teams enter in the event, will be run as divisional finals, ie: determined on time, no heats and finals.
3. An athlete is allowed to compete in only one 4x100m relay.
4. All team members must be from the same club and of the same sex except in Grades 7, 8 and 9, where the club may enter a composite team of boys and girls when there are insufficient of one sex to form a team. The following conditions apply:
 - i. 1 boy, 3 girls – Girls team
 - ii. 2 boys, 2 girls – Boys team
 - iii. 3 boys, 1 girl – Boys team
5. An athlete may compete in a grade higher than their grade, but may compete in only one 4x100m relay.
6. No athlete, grade six or younger, may be entered in the championships.
7. A club may enter more than one team per grade, however in this case ALL ATHLETES MUST BE OF THE GRADE ENTERED. E.g. if 2 grade 10 4x100m teams all 8 athletes must be grade 10
- 7a. Where more than one team from a club is entered, they must wear a distinctive piece of apparel provided by the organizing committee to distinguish between teams.
8. Two Clubs combining to form a 4 x 100m team – criteria
 - i. where two clubs have insufficient numbers of one age group to front a full team each, or do not have enough to pull up from the younger age groups, then these clubs could run a full team together.
 - ii. That the Clubs wishing to submit a joint team, must have applied to the Children's Committee at the November Meeting, with their intent to enter an Inter Club Team; the team must be of the same age and sex and only one club has submitted the entry and fee
 - iii. That said team would wear their own club uniforms, this will identify they are an Inter Club Team

Junior Medley Relays

1. Will cover grades 7-9 inclusive.
2. Will be run in the following order 4x 100m followed by 2x 200m - no variation allowed.
3. Composition of teams may be any of the following: 4 boys/2 girls, 4 girls/2 boys, 3 girls/3 boys
4. At least one 200m leg must be run by a female athlete.
5. The first runner shall start from the 4x400m relay start, with the first three bends run in individual lanes.
6. The first 200m leg athlete may break to the pole line once past the flags or cones as indicated on the back straight.
7. An athlete may compete in a grade higher than their grade, but may only compete in 1 medley.
8. Refer rule 2 (4 x 100m Relay)
9. Refer rule 6 (4 x 100m Relay).
10. Refer rule 7 (4 x 100m Relay). ie if 2 teams entered all 12 athletes must be the same grade
11. Refer rule 7a (4 x 100m Relay)

Medley Relay Grade 10-14

1. A grade 9 athlete may be used for a 100m or 200m leg only, provided they have not already competed in a junior medley relay. Grades 7 and 8 are not permitted to compete in these relays.
2. Teams comprise either 2 girls and 3 boys or vice versa with one girl running either the 400m or 800m leg
- 3a. Grade 10-11 – to commence medley relay with 800m, followed by subsequent runners in any order to run the prescribed legs. e.g 2 x 100m, 1 x 200m, 1 x 400m
Note: with 800m start, can have up to 16 at start line in one race
- 3b. Grade 12-14 - There is no stipulation as to the order in which a team runs their relay – each team must run the prescribed legs. e.g. 2 x 100m, 1 x 200m, 1 x 400m, 1 x 800m.
4. Running order forms must be handed in to the secretary as indicated on the entry form.
5. Medley relays start at the 400m stagger and all teams may break lanes at the completion of the second curve (where athletes enter the home straight on the first lap).
6. Runners are to be marshalled on the outside of the track at each change zone. Lane 1 is to be kept clear for runners not changing the baton at that zone to pass through unimpeded. The baton is to be changed in lane 2 except for simultaneous changes when the lanes further out will be used.
7. There will be no finals for medley relays, places will be determined from heat times.
8. Refer rule 7 (4 x 100m Relay).ie.2 teams all 10 athletes must be the same grade
9. Refer rule 7a (4 x 100m Relay)

Field Relay Grades 7-14

1. Three members of the same gender in a team.
2. Each member allowed 3 trials at either Long Jump, Shot Put or Discus.
3. Best attempt by each member receives points as per Interprovincial tables.
4. Team with the highest total points wins etc.
5. An athlete may compete in a higher grade if it does not involve using a heavier implement.
6. An athlete moving up a grade must use the takeoff board appropriate for that grade.
7. A club may enter more than one team per grade, however in this case ALL ATHLETES MUST BE OF THE GRADE ENTERED. E.g. if 2 grade 10 Field Relay teams all 6 athletes must be grade 10
8. An athlete is allowed to compete in only one Field Relay.

Changes to Team Entry Names

Any changes to the team are to be made to the Competition Secretary by the following times on the day of competition:

- | | |
|-----------|-----------------------------|
| 09.05a.m. | Medley Relays, Field Relays |
| 12.00p.m | 4 x 100 Relays |

Walks - Rules for Walks Competition apply to what they were prior to the penalty lane was introduced.