**Spring Track Relays**

**Rules & Information**

**(a) Age Groups**

**\*\*Please note that juniors in school year 6 and aged 10 on the day of competition are able to compete either as U11 or U13’s, but are not able to compete in both age groups on the day\*\***

U11 – Under 11 years of age on day of competition (minimum age 8)

U13 – Under 13 on 31st August 2018 (current school years 6 & 7)

U15 – Under 15 on 31st August 2018 (current school years 8 & 9)

U17 – Under 17 on 31st August 2018 (current school years 10 & 11)

SENIOR – Aged 17 and above on 31st August 2018

**(b) Teams eligible for points towards team competition / prizes**

A team will only be eligible to score points towards the team competition and for prizes if they meet the following criteria

1. All members of the team must be 1st/2nd claim members of club they are competing for, and they must be wearing club vest/kit.
2. Athletes must complete in the correct age group, the only exception being that athletes may move ‘up’ ONE age group. For example, an U13 athlete can compete in an U15 race. However, they would not be able to compete in an U17 race. Athletes may not compete in lower age group.
3. Mixed gender teams will not be eligible for points, with the exception of in the mixed 4x200m relay

**(b2) Mixed/Composite Teams**

Teams which contain athletes from different clubs, or unattached athletes. Teams which contain mixed genders (except for 4x200m mixed relay), or athletes which are not in the corresponding age group, or one age group below.

**(c) Limit on number of events**

Max number of events, as per RULE 141 S 2 UKA SUPPLEMENT

U11 – There will be two under 11 races

U13, U15, U17 – Athletes may take part in a maximum of 4 events

U20 – Athletes may take part in a maximum of 5 events

Please note that above totals include any other events (throws, jumps) that athlete also takes part in on the day.

**(d) U11 races**

These are intended to be more informal, fun races to introduce young athletes to relay racing. There is no requirement to be attached to a club (although clubs are encouraged to enter teams), and mixed gender teams are allowed. We will look to create teams on the day from any juniors who are not in a team already. As there will be teams not wearing matching club vests, we may ask teams to wear coloured bibs to assist the officials. U11 races will not score team points.

**(e) Entry Fees**

£1.50 per person per race (i.e. £6 per team per race). We kindly request that team managers collect monies from their athletes and pay the organisers on the day or in advance. If additional or composite teams are entered, payment can be made after the race.

**(f) Race Numbers**

Club entries will be given a pack of numbers on the day. Each team will be allocated one number (e.g. NS Poly no.10). All team members must wear a number front & back. Mixed/Composite teams will be given unique numbers, and may have their numbers marked with additional letters to help identify teams. Team managers will be given an amount of unique numbers along with team numbers. Whilst we do not encourage athletes to take part in both the throws events and also the relays, please note for those that do both different race numbers will be used.

**(g) Points towards Team Prize**

Teams will only be able to score points if they are eligible as described above (section b). A club may enter as many teams as they want in particular each event, however only the top 2 teams will score points. The only exception to this is the 4x200m mixed relay where 3 teams are eligible for points. In the event of more than 1 heat, results will be based on combined timed from each heat. In the event of a tie in a particular race, points will be distributed evenly between the teams which have tied. Non scoring mixed/composite teams will be removed from results for purposes of scoring.

1st – 15 pts

2nd - 12 pts

3rd – 9 pts

4th – 7 pts

5th – 6 pts

6th – 5 pts

7th – 4 pts

8th – 3 pts

9th – 2 pts

10th – 1 pt

Above system will operate regardless of how many teams entered into a race. E.g if 1 team is entered, they would score 15pts. If 15 teams entered, only the top 10 in the results would score points.

**(h) Declaration of teams**

It is requested that team managers complete the team overview sheet and hand in to meeting organiser as soon as possible prior to first race. Any amendments should be notified to organisers at least 15 minutes prior to each race. This sheet should indicate number of teams in each event, with any non-scoring/composite teams clearly identified. Additionally, team managers should complete a team sheet which lists athletes in each individual event. If an athlete is not running in their particular age group, this should be indicated (e.g. mention their actual age group). This sheet should be handed in once team manager is confident of its general accuracy, amendments can be made throughout day. It Is the team manager’s responsibility to ensure teams are declared correctly. Any teams incorrectly declared which may affect team points are liable for disqualification from the race. Team managers should ensure that teams present themselves at the starting area 10 minutes prior to the start of their race.

**(I) Power of 10**

It is intended that results will be uploaded to power of 10. However, any races which contain mixed/composite teams will not be valid for ranking purposes.

**(j) Mixed 4x200m Relay**

Teams must contain 2 males and 2 females. They are able to run in any leg order. Format of the relay (e.g. where the break line is) will be decided by track referee on the day and explained to athletes prior to race.