

2009 SHAW BATON RELAYS**SATURDAY 2 MAY 2009**

- 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 2 set together or up to 5metres either side if set alone. Failing to follow correct course may result in disqualification
- RACE TIMES:**
- | | | | |
|---------------|---------------------|--------------------------|-------------|
| 1:00pm | Senior Women | W20 – 34. |) 4 Runners |
| | Masters Women | W35 + |) per |
| | Junior Women | G15 & 16, W17, 18 & 19 |) Team |
| | Boys, Girls & Mixed | B & G10, 11, 12, 13 & 14 |) |
| 1:50pm | B & G 9 and Under | 1km Fun Run - Mass Start | |
| 2:00pm | Senior Men | M20 - 39 |) 6 Runners |
| | Masters Men | M40 + |) per |
| | Junior Men | B15 & 16, M17, 18 & 19 |) Team |
- PLEASE NOTE:** Age is taken as your age as at 31 December 2009, 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 Business/Corporates, Schools, Colleges and Recreation Runners who are welcome to enter in age/gender grades as above. Mixed Business/Corporate teams run in the 2.pm race with 4 per team.

ENTRY FEES:	Senior Women, Masters Women, Jnr Women	Club	\$30.00 per team
		Non-club	\$34.00 per team
	Boys/Girls/Mixed	Club	\$16.00 per team
		Non-club	\$20.00 per team
	Senior Men, Masters Men, Junior Men	Club	\$45.00 per team
		Non-club	\$50.00 per team

ENTRY PROTOCOLS – RACE RULES:

1. Email team entry details (see page 3), or post to Shaw Baton Relay, Race Director, PO Box 13-095, Johnsonville, to arrive by 5pm Tuesday 28 April 2009.
Athletics Wellington Clubs will be invoiced for entry fees after the event.
Clubs outside the Athletics Wellington Centre, Business and School Teams, please pay entry fees on the day.
Make cheques out to: Olympic Harriers,
PLEASE complete all sections of entry form.

2. Confirm entry details (**any changes OR not**) at Race HQ Caravan at least 15minutes before relevant race start time and collect Team Recording Sheets.(1 per team)

Provide: Club Name, Team, Grade & Team Number and Runners' Full Names in lap order.
3. **PLEASE USE THE TEAM RECORDING SHEET PROVIDED BY THE RACE HOST.**
4. **Club teams** wear race letter/numbers as allocated by Athletics Wellington, Cross-Country & Road Committee, on the front of singlet. Visiting teams please indicate race number to be used on the entry form.
5. **Non-club teams** will be allocated letters &/or numbers for respective teams. Contact person will be informed by Thursday 30 Apr 2009.
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 SHUTE** where runners are finishing.
8. Hand in team sheet with actual running order and self-taken times, to Race HQ Caravan immediately after your last runner finishes. Remember Full Names please.
9. First Aid available.
10. Toilets available, no changing facilities, come prepared.
11. **ABSOLUTELY NO DOGS ARE PERMITTED AT BATTLE HILL FARM PARK**
12. Results will be posted on the Olympic Harrier Club website at www.olympicharriers.org.nz
13. Winning Team Members- please remain for prize-giving which will be immediately after the Second relay race.
14. Trophies: Shaw Baton Trophies for;

Senior Men	Masters Men	Junior Men
Senior Women	Masters Women	Junior Women

Miniature batons for winning team athletes
Certificates for B/G/Mixed 14 and Under teams

Rob McCrudden
Race Director
(04) 232 6377

email: deputy@olympicharriers.org.nz or secretary@olympicharriers.org.nz

**2009 SHAW BATON RELAYS
ENTRY FORM**

Club/TeamContact Name: Tel:
 (one contact per club/school/business) Duplicate this form for more entries.

Team:	WHAC A, Scot B, etc	Grade	Senior Men, Junior Women, etc	Race #	0
Circle one θ	CLUB	RECREATION			
Lap	First Name (Print clearly)	Last Name	Age		
1					
2					
3					
4					
5					
6					

Team:	Grade:	Race #	0
Circle one θ	CLUB	RECREATION			
Lap	First Name (Print clearly)	Last Name	Age		
1					
2					
3					
4					
5					
6					

Team:	Grade:	Race #	0
Circle one θ	CLUB	RECREATION			
Lap	First Name (Print clearly)	Last Name	Age		
1					
2					
3					
4					
5					
6					

Email to deputy@olympicarriers.org.nz by 5pm Tuesday 28 April 2009 (for more teams duplicate this form)