**September Sprint Relays**

**Rules & Information**

**(a) Age Groups**

**Please note age groupings are based on 2024 summer season. Please ensure athletes are in the correct age groups!**

U13 – Under 13 on 31st August 2024

U15 – Under 15 on 31st August 2024

U17 – Under 17 on 31st August 2024

SENIOR/VET – Aged 17 and above on 31st August 2024

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

A team will only be eligible to score points towards the team competition 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 compete 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. If an athlete moves up an age group, then they must remain in the higher age group for the whole meeting. For example, an U13 athlete would not be permitted to run in the U13 4x100m race, and then the U15 4x200m race.
3. Apart from the 200M, Mixed gender teams will not be eligible for points
4. Under 11 Teams will not be eligible for points
5. A club may enter as many teams as they want in particular each event, however only the top 2 teams for that Club will score points.

**(c) Mixed/Composite Teams**

Composite Teams which compete in the NEYDL and the NESDL may enter teams and be eligible for prizes

The 200M races will be a mixed gender team comprising 2 men and 2 women.

Teams which contain athletes from different clubs, or unattached athletes, teams which contain mixed genders, or athletes which are not in the corresponding age group, or one age group below. These teams are allowed but will not be eligible for points.

**(d) Max number of Races**

An athlete may not compete in each particular race more than once. For example, an U17 athlete cannot run in the U17 4x200m, and then also in the SEN 4x200m. The only exception is for U13’s who have 2 separate 4x100m races.

 **(f) Race Numbers**

Club entries will be given a pack of numbers on the day. Each team will be allocated one number (e.g. Morpeth no.1). All team members must wear a number front & back. Mixed/Composite teams will have their numbers marked with additional letters to help identify teams, or may be given unique numbers. Team managers will be given an amount of unique numbers along with team numbers. PLEASE KINDLY RETURN ANY UNUSED NUMBERS AT END OF EVENT SO THAT WE CAN USE NEXT YEAR.

**(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 each particular event, however only the top 2 teams will score 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 – 8 pts

2nd - 7 pts

3rd – 6 pts

4th – 5 pts

5th – 4 pts

6th – 3 pts

7th – 2 pts

8th – 1 pts

Above system will operate regardless of how many teams entered into a race. E.g if 1 team is entered, they would score 8 pts. If 16 teams entered, only the top 8 in the results would score points.

**(h) Declaration of teams**

**Team sheets will be emailed to Team Managers and returned to** **keithw53@keithw53.plus.com**

**by Monday 2nd September**

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. 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 evening. 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 holding 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.