



#### Relay Team Size

Teams of four athletes complete 4 individual legs.

#### Distance & Laps

Each runner runs 2 laps of the 1k relay course. At the end of the first lap they turn right before the finish and go over the hurdle nearest the finish. Only those finishing their second lap cross the change/finish line at the end of 2k. Para teams only complete one 1k lap each (4 x 1k)

#### Direction

The course is run in a clockwise direction.

#### Hurdles

The first lap has one hurdle, and the second lap has two hurdles. Athletes can go over the hurdle or take a long cut around the far end of the hurdle.

#### Changes

Athletes running the next lap must que in the holding pen past the finish line and on the outside of the course and only come onto the course when their previous runner is crossing the finish line.

**New Zealand Secondary Schools Cross Country Relay Championships Course Map**  
**Sunday 16<sup>th</sup> June 2024 - QE2 & Ascot Parks, Ōtautahi Christchurch**