

Mixed 4x400 Relay Entry Rules

As a result of interest in having mixed girls and boys 4x400m relays the NZSSAA Executive has decided to trial this as a pilot event for both grades for 2019/20.

Conditions of entry:

- Teams are to made up of 2 boys and 2 girls
- Any individual school team or a combined team from two single gender schools within the same region (as defined for the Cross Country Relay Championships) may enter
- Schools combining to enter a team are asked to email that information to oe@nzssaa.org.nz
- Only 1 team per grade from each school or combined schools may enter
- An athlete may only compete in one 4x400m relay