Mixed 4x400 Relay Entry Rules

Conditions of entry:

- Teams are to be made up of 2 boys and 2 girls from a single co-educational school.
- Single sex schools may apply to the NZSSAA Events Coordinator for entry to join another single sex school provided both schools rolls are under 250 pupils and the schools are from the same locality.
- Schools may enter more than one team per grade on the understanding the additional teams may go onto a wait list if more than 16 teams enter.
- An athlete may only compete in one 4×400m relay.