

# Road Race Rules and Instructions

This event is run under the race rules of World Athletics, Athletics NZ and NZSSAA.

This is a sporting event where all competitors, team managers, spectators and officials are to practice good sportsmanship and Fairplay.

All participating schools must appoint an adult as a team manager, irrespective of the number of athletes competing.

Competitors are to wear the athletics uniform of their school. (no club uniforms)

Competitors must wear the official numbers issued for this championship, on the front and back (except where exemptions are allowed) of their singlet or shirt. These numbers are not to be altered in any way. The numbers must be visible to officials at all times during the race, especially at the finish.

Competitors must follow the instructions of officials prior to, during and after the race.

A competitor may not deliberately impede or obstruct the forward motion of others.

The responsibility of keeping on the course rests with the competitor.

Within 30 minutes of results being posted a competitor, via the team manager, may protest verbally to the Race Referee about the conduct of another competitor or race official, disqualification or an error in the posted results.

Should the appeal to the Race Referee not be successful the Team Manager may appeal in writing to the Referee who will pass it on to the Jury of Appeal. Appeals must be accompanied by a bond of \$50 which may be forfeited at the discretion of the Jury if the protest is regarded as lacking worthiness or there is a lack of evidence or witnesses to back the protest.

## Teams Criteria

Schools with three to five finishers in any event will automatically be entered in that event's three-person teams competition.

Schools with six or more finishers in any event will automatically be entered in that event's three and six person teams competition.

## Replacement Runners/Grade Changes

In order to maintain the ability of a team to achieve a team score runners already entered by the close of entries who are then scratched may be replaced either by eligible runners already entered in another race or by new non entered runners. A form will be provided to managers to record these replacements/grade changes which must then be handed to Race Control.

Where replacement runners have already been entered in another grade they run with their own allocated number and timing chip. If the replacement runner has not been previously entered they run using the number and timing chip of the runner they are replacing. There is no extra entry fee required for a replacement runner.

The form can also be used for runners who have been entered in a grade incorrectly and who wish to compete in another grade.

This process can occur right up to the start of the race if absolutely necessary but early notification (no less than 30 minutes prior to the race if possible) of the changes makes the production of correct results easier.

## Start Line Procedure

Teams are asked to line up in single file in the assembly area with runners in order of ability from first to last. Because of the narrow width (10 metres) of the start only a small proportion of the leading runners will be able to be on the frontline and we will need to have 3-4 lines of schools' top runners before we assemble second runners, third runners and so on. If you know that you are not as fast as other runners you should assemble further back to avoid having to start too fast for your ability. Runners will be walked through to their starting position and will be spaced approximately a metre behind the runner in front of them. Please hold these positions right up to the start. This is to try to avoid runners tripping and ending their race prematurely. Schools with larger teams will be able to spread their extra runners out behind other teams once those teams have taken their positions. Please follow the instructions of the marshals.

## Finish Area Procedure

Cross the finish line for the result to be recorded by the finish line timing mats from the electronic tags on your shoes and move into the recovery area. Do not stop until you have entered the recovery area. You can leave the area at your leisure after putting your timing chips into the buckets provided.