



New Zealand Secondary Schools  
Athletics Association



## NEW ZEALAND SECONDARY SCHOOLS ATHLETICS ASSOCIATION 52nd TRACK & FIELD and ROAD RACE CHAMPIONSHIPS

Mitre 10 Sports Park, Hastings  
5th, 6th, 7th December 2025

### MIXED RELAYS INFORMATION

#### Mixed 4x100m and 4x400m Relay Entry and Competition Rules

- 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 4x100 and one 4x400m relay.
- The **4x100m** running order will be **Female, Female, Male, Male**
- The **4x400m** running order will be **Male, Female, Male, Female**

