

# **Lovelock Relays Race Rules.**

As of 27 April 2025.

The Lovelock Relays, to be held on Saturday 3 May 2025, are organised by Hill City-University Athletic Club, and conducted under the rules of Athletics New Zealand. The following rules shall apply.

## **Competition Format.**

- The race is run on grass and is suitably marked. Each lap is 375 metres.
- Race distances:
  - Social/ mixed- 4x1500m (4x375m laps per runner).
  - Under 12, Under 14- 4x375m (1x375m lap per runner).
  - Under 16, Under 18, Otago University Residential College, Senior Women, Masters Women, Masters Men- 4x1500m (4x375m laps per runner).
  - Senior Men- 6x1500m (4x375m laps per runner).
- Events for multiple grades may be held simultaneously.

## **Grades and Team Composition.**

- Grades/ entry categories are: Social/ mixed, Under 12 (U12), Under 14 (U14), Under 16 (U16), Under 18 (U18), Otago University Residential Colleges (RC), Senior Women (SW), Senior Men (SM), Masters Women (MW), and Masters Men (MM).
  - The Social/ mixed grade is 'open' to any aged athlete.
  - For U12, U14, U16, and U18, athletes must be under (not equal to) the age grade on 31 December 2024- i.e., to enter U16, an athlete must be 15 or younger on 31 December and so on.
  - For the RC grade, athletes must live at the Otago University Residential College they are representing in 2024.
  - The SW and SM grades are 'open' to any aged athlete.
  - For MW and MM, athletes must be aged 35 or over on the day of the race (27 April 2024).
- Relay team gender composition:
  - U12, U14, U16, and U18 grades are mixed events- teams can include boys and girls.
  - The Otago University Residential College event must include at least two females per team.
  - SW, SM, MW, and MM grades are single-sex- teams must be all male or all female per grading.
- The Senior Men's teams will consist of six different athletes. All other grades will consist of four different athletes.

## **Competition Eligibility.**

- Competing up or down competition grades.
  - Participating U12, U14, U16, and U18 athletes can compete up grade(s), but not down.
  - Participating 35+ year-old athletes can compete in eligible Masters, Senior, or Social/ mixed grades, but not U18 or below.

- Athletes can compete in multiple events/ grades so long as they are eligible for each as above- e.g.:
  - Masters athletes may participate in the appropriate MW or MM grade and/ or another eligible grade (e.g., Social/ mixed, SW, or SM).
  - Senior-grade athletes may participate in the appropriate SW or SM grade and/ or another eligible grade (e.g., Social/ mixed).
  - RC athletes may participate in the RC grade and/ or another eligible grade (e.g., Social/ mixed, SW, or SM).
- Composite teams may be formed by event organisers when two or more clubs or residential colleges have insufficient runners to form a complete team from their individual groups. Composite teams will be ineligible to claim team awards, but individual lap times will be recognized in the respective general grades.
- All registered runners in club teams must be registered to, or based within, a single centre that the club they are running for is from, or be permitted to run at the race director's discretion.
- There is no limit on the number of teams a club can enter in a grade within the event.
- Teams may replace athletes or re-arrange their running order without penalty, by submitting the Team Changes form provided by the organisers, at least 30 minutes before that team's starting time.

### **Competition Rules.**

- The event will be run under World Athletics rules; in particular, CR18.5 (unsporting manner/ improper conduct).
- All runners must wear their team's assigned number bib on the front of their competition uniform so that it is clearly visible to race officials. The number bib may not be cut, defaced or folded in any way.
- All runners should compete in their club or organisation's (team's) official uniform, if applicable.
- Relay batons will be used that get passed between team members throughout each relay. The relay baton must be carried in the hand by each team member through the duration of their lap before being passed onto the next team member.
- Baton changes must take place within the defined changeover zone. Race officials reserve the right to disqualify teams that do not comply with baton-changing rules.
- Athletes must follow the prescribed 375m loop.
- Each team must complete a timing sheet recording the overall time from their event's start as a backup to the official timing.
- Each team must notify official timers before the end of each athlete's leg (i.e., prior to changeovers and the finish).
- In the event of an injury suffered by a team member, the next team member needs to go to the point where their team member has become injured and resume from that point. They may complete that leg for the injured member as well as their own leg.