

Wellington Harrier Athletic Club Inc.

The 52nd Bays Relay

Island Bay to Evans Bay
Saturday 17 August 2019

Start: The Esplanade, Island Bay

10:30 Walkers 5km (NB first lap, + 224m.)

**12:30 Women under 20,
Senior Women,
Masters Women (35+),
Masters Women (50+),
Masters Men (60+)**

**1:00 Men under 20,
Senior Men,
Masters Men (35+),
Masters Men (50+)**

- Age grades at 31 December 2019, except Masters where age is at 17 August 2019.
- Inter Club relay for clubs Affiliated to Athletics NZ.
- For teams of 5 registered runners from a club.
- Mixed teams of male and female may compete, also composite teams of runners from more than one club, but these teams are only eligible for fastest lap times.
- Entry fees (entry fees include a special traffic management fee):
Relay \$120.00 per team, Walkers \$8.00 per person, (both inc. GST)
- **Relay Entries close Wednesday 14 August 2019.**

**Race numbers to be collected
from 11:30am at the race start.**

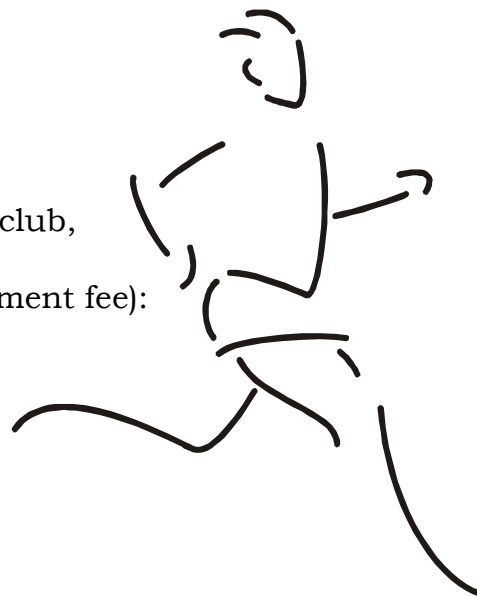
**Late entries will be taken up to
12:15pm at the race start.**

Medals will be awarded to the first team in each grade (ANZ registered athletes only).

Presentation of awards will be made at the Wellington Harrier Athletic Club on Mt. Victoria approximately 3:30pm.

Showers and refreshments will be available.

**Enquiries: Ian Macfarlane
Race Director 027 230 8884
whacracedirector@gmail.com
ATHLETICS NZ SANCTIONED EVENT**



HOW TO ENTER

Please advise the **number of teams and grades ONLY** by email to whacracedirector@gmail.com by **5pm Wednesday 14 August 2019**. Team details, **including named runners**, to be advised on the day (see below). Athletics Wellington Clubs will be invoiced for entry fees after the event.

Confirm all team(s)* details on the official entry form attached, to Race Start HQ, at least 15 minutes before relevant race start time. **ALL SECTIONS OF THE FORM MUST BE COMPLETED.**

(* Provide: Club Name, Team, Grade and Runners' Full Names in lap order.)

Race Packs (1 per team) will then be distributed to the Club contact.

2019 Bays Relay

1. START **The Esplanade, Island Bay.**

Toilets are available at Island Bay, Lyall Bay, Worsler Bay and Scorching Bay.

2. CHANGE OVER POINTS

(Relay distance 22.052 km; lap distances re-measured 2014)

Start at Island Bay

- (1) Near the end of the sea wall at Lyall Bay opposite Kingsford Smith Street – **4.776 km**
- (2) Just past the bus stop at Eve Bay (before the Pass of Branda) – **4.649 km**
- (3) On the concrete path between grass and sand near the changing rooms at Scorching Bay – **4.804 km**
- (4) Shelly Bay, by the former gates at the southern end of the old air force base – **3.845 km**
Finish at Evans Bay Parade / Cobham Drive intersection – **3.978 km**

After the event, showers and refreshments will be available at the Wellington Harrier Athletic Club, Alexandra Road, Mt Victoria.

4. RACE RULES

The relay is organised by the Wellington Harrier Athletic Club Inc. and is held under Athletics New Zealand rules. All competitors compete at their own risk.

(a) SAFETY

Competitors must run on the footpath on the seaward side of the road where it is available, except where directed to run elsewhere by the Race Marshals. If no footpath is available, competitors must run within ONE METRE of the right hand edge of the sealed surface of the roadway. Competitors and supporters must obey the directions of the Race Referee, Race Marshals, and Police Officers at all times. Roads will not be closed, be aware of moving traffic at all times.

(b) UNIFORM

Club uniform must be worn. The race number provided for each team is to be worn on the front of the runner's uniform, and it must be clearly visible and unaltered. Race number must be returned to WHAC.

(c) MINIMUM AGE RESTRICTION

For safety reasons, ALL competitors MUST be at least 14 years of age on the day of the race.

(d) REPLACEMENT

In the event of a runner being unable to complete a lap, that runner may be replaced by another member of the team. However, any team making a substitution during the race will not be eligible to claim any team award or placing. All such substitutions must be notified in writing to the Officials at the Finish of the Lap. Any runner replaced during the event for being unable to complete his / her lap, may not run in a subsequent lap for any team.

(e) INFRINGEMENTS

Teams can expect **DISQUALIFICATION** for a major infringement of the race rules.

Teams **WILL AUTOMATICALLY** receive a **TWO MINUTE PENALTY** added to the overall team time for an infringement of Race Rule (a) SAFETY. Persistent infringement of Race Rule (a) SAFETY will be deemed a major infringement and result in disqualification. A warning may not be given for infringement of rules.

(f) PROTESTS AND APPEALS

IAAF Competition Rules 146 covers protests and appeals. Any protest must be made to the Race Referee within 30 minutes of the finish of the race. Any appeal must be made to the Race Director.

(g) NOTICE TO SPECTATORS

The road is very narrow for most of the course. If following the relay in your car, please keep well to the left and do not delay following traffic. Do not stop on bends or other spots likely to cause traffic congestion. You must park well away from all changeover points. **Take Care At All Times.**

**Race Day Emergency Safety Contacts –
Ian Macfarlane 027 230 8884 and Georgina Wedge 027 231 5465**

2019 BAYS RELAY ENTRY FORM

CLUB.....CONTACT : Tel:
 (One contact per Club) Duplicate this form for more entries.

Team:	WHAC A, Scot B, etc	Grade Senior Men, Junior Women, etc
Lap	First Name (Print clearly)	Last Name
1		
2		
3		
4		
5		

Team:	WHAC A, Scot B, etc	Grade Senior Men, Junior Women, etc
Lap	First Name (Print clearly)	Last Name
1		
2		
3		
4		
5		

Team:	WHAC A, Scot B, etc	Grade Senior Men, Junior Women, etc
Lap	First Name (Print clearly)	Last Name
1		
2		
3		
4		
5		



2019 BAYS RELAY

IMPORTANT NOTICE TO CLUB OFFICIALS

It is a condition of competing that all your team(s) are briefed on the following :-

SAFETY

Competitors must run on the footpath on the seaward side of the road where it is available, except where directed to run elsewhere by the Race Marshals. If no footpath is available, competitors must run within **ONE METRE** of the right hand edge of the sealed surface of the roadway. Competitors and supporters must obey the directions of the Race Referee, Marshals and Traffic Officers at all times.

INFRINGEMENTS

Teams can expect **DISQUALIFICATION** for a major infringement of the race rules. Teams **WILL AUTOMATICALLY** receive a **TWO MINUTE PENALTY** added to the overall team time for an infringement of Race Rule (a) SAFETY. Persistent infringement of Race Rule (a) SAFETY will be deemed a major infringement and result in disqualification. A warning may not be given for infringement of rules.

ROADS WILL NOT BE CLOSED, BE AWARE OF MOVING TRAFFIC AT ALL TIMES.

THE INSTRUCTIONS OF MARSHALS MUST BE OBEYED.

TEAM DRIVERS – DO NOT OBSTRUCT THE CHANGE OVER POINTS ON DROP OFF / PICK UP OF ATHLETES – PLEASE ADHERE TO THE MARSHAL'S INSTRUCTIONS AND KEEP CLEAR OF THE CHANGE OVER AREA WITH YOUR VEHICLE.

I have received the race pack and read the instructions

Team No. **Signed**.....