



Hurring Relays - 19 December 2020

Program

1:00	Medley Relays	Mixed (100, 100, 200, 400, 800, clubs chose order and need to have at least 2 females and they must do either 400m or 800m)
1:20	Shot Put	3 athletes M&F (3 attempts, 1 must be senior weight)
1:40	4 x 100m	M&F
2:00	Long Jump	3 athletes M&F (3 attempts)
2:30	4x1000m	M&F
3:00	800m	Must have 5 runners, 3 must be female and clubs decide the distance each runner runs and where they change the baton.
3:00	BBQ	MERRY CHRISTMAS

Mixed events (medley and 800m score for overall Hurring Trophy), all other events score for Male and Female trophy and then go into overall score for Hurring. Can enter as many teams as you want into races but only one will score for a club

Rules for teams.

- Athletes must be registered.
- Entries to be completed on the day.
- Each club must have a designated team delegate.
- Four to a team (3 scoring in field events)
- Require one team member to use senior implement per team.
- Must be a male team or a female team to compete for Male and Female trophies.
- A composite team can compete, but they will not be eligible for the trophies.
- One female can compete in a male team to make up a full team.
- Clubs can have as many teams as they like but only the top ranked team/club scores
- All athletes must enter online and enter a field event they want to do and/or any track event.
- The clubs will put together their track relay teams from the athletes who have entered.
- Clubs to declare teams running orders 20 minutes prior to the start of the competition to Control room 1
- Grade 12 aged athletes up may be used.