The AOA Club Sprint Relays 2018

**Hosted by**: Counties Manukau Orienteering Club

**Date**: Sunday 24th June 2018

**Venue**: Botanical Gardens Manurewa, Everglade Drive Entrance

**Entry**: Via google [Entry Form](https://goo.gl/forms/Hn2I1sZY9o3wAFT62) (or paste <https://goo.gl/forms/Hn2I1sZY9o3wAFT62> into your browser if link doesn’t work)

**Cost**: AOC will pay the entry fees for AOC club members. For non-club members the cost is $8 per junior and $15 per senior (Sport Ident hire is $3).

**Start**: First start at 1pm. Registration open from 12noon, briefing at 12.30. Prize giving once results are available. Approx. 2.30pm

**Teams Rules**

All teams to consist of 3 members:

**Juniors Teams:**

Run as Single sex Teams (any male in a team makes it male grade)

Teams can be composite (not same school) as intent is to practice for National school Champs.

Courses identical for F and M teams

Team Age bands: Year 5 to 8 and Year 9 to 13.

School teams may include non-club members but such teams will not be rewarded points.

Younger club members who wish to be escorted around a course can be entered, but any adult going around with they must do their relay leg 1st. (Or be a non-competing adult)

**Adult teams:**

Must have a female in the team (MMF or MFF or FFF combination)

A MMM team can run but will not be awarded club points

Team Age Bands: Open. MW40 and over. MW60 and over

**General Rules**:

Changes to the teams on the day will be at the Controller’s discretion.

Any participating adults must be a paid-up/current club member.

Individuals may run up in a harder grade (e.g. Year 8 in Year 9 to 13 team or M70 running in Open)

To qualify for the trophy clubs must have, as a minimum, one team per grade that successfully completes all 3 legs.

Points will be determined by placing’s in each grade. 10 points for 1st down to 1 point for 10th. Only a clubs highest point score in each grade will count

Format will be 3 sequential legs, of approximately equal lengths, in a sprint format.

Courses are between 2km and 4km.

Any queries about AOC teams to Alison [alisoncomer2015@gmail.com](mailto:alisoncomer2015@gmail.com) .

General queries about the event should be directed to Sarah Steel on email [w00dpige0n@outlook.com](mailto:w00dpige0n@outlook.com) (note 0 is zero).

Looking forward to seeing you there and having an exciting competition.