



**MERCEDES
COLLEGE**

.....
Compassion
Loyalty
Justice
Integrity
Responsibility
Mutual Respect

SAAS STATE RELAY CHAMPIONSHIPS

Venue	Waite Oval & Grounds; Corner of Fullarton Road & Claremont Avenue, Netherby.
Host School	Mercedes College
Date	Wednesday 2 September 2020
Check-In Time	4:00 pm
Race Start	4:20 pm
Presentations	Primary 5:00 pm, Junior & Secondary 5:15 pm

COVID-19 RESTRICTIONS & PREPARATIONS

1. Schools are asked to supply their own sashes & bibs for their runners. Sashes are worn to identify age groups and will also act as the relay baton. Bibs are to be worn by the 4th (final) runner to identify a finishing team. These sashes & bibs should be washed before being used again.
2. Hand Sanitiser will be made available near the finish line.
3. Athletes are encouraged to be well hydrated, however, should not share water bottles.
4. Social Distancing of 1.5m by officials and spectators .
5. Schools to print off & complete the recording sheets.
6. Each team will be required to have a designated adult to record times for each runner.
7. Separate male & female toilet facilities will be available at the club house.
8. Schools are encouraged to bring their own First Aid, however, Mercedes College will have a staff member to monitor First Aid situations.
9. Course marshals will be identified by wearing a fluoro yellow vest.

AGE CATEGORIES

Category	Ages	Distance	Sash Colour
Primary	Year 4 - 7	4x 2000m (2 laps each)	Red
Junior	Year 8 - 10	4x 3000m (3 laps each)	Blue
Senior	Year 10-12	4x 3000m (3 laps each)	Green

- Students may only compete in their applicable age categories
- Year 10 students may compete in either Junior or Secondary categories
- Students should only run in one leg and in one team. Any involvement in a 'second run' will forfeit the result of the second team.

EVENT RULES

1. Students must wear the correct uniform of his/her school when competing.
2. Students must exchange a school-provided sash at the start-finish line to activate the relay change.
3. The final runner must wear a bib (prefer fluoro) to indicate the last runner on the course.
4. Spikes are permitted for the event as the course is dominantly grass
5. All rules, protests & disputes are as per SAAS ruling. Please refer any dispute to Chief Judge, Gary Zeuner.
6. Officials will be in attendance on the course and all runners must adhere to instructions given by them.
7. Team managers to complete the recording sheet with names, progressive/total running time (called by an official), and an individual split time (need to be calculated by the manager). Once the sheet is complete, this needs to be taken to the Recording Tent and given to the appropriate tray for compiling.
8. The next outgoing runner should attend the start-finish line as the incoming runner, on their final lap, is approaching the final corner.
9. Competitors who are approaching the start-finish line, with laps remaining to run, will bypass the change-over area and continue their laps.
10. A course marshal will be allocated at each start-finish line to call out times for all change-overs. These will be called out as a progressive time. Individual split times will need to be calculated. A reminder for managers when calculating splits, that when subtracting, be aware there are 60 seconds in a minute, not 100.
11. Presentations (medals) will occur when recording sheets have been processed from each Team Manager.

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