



BARNES CROSS COUNTRY RACES

Sunday 9 June 2024

Dunedin Rugby Club rooms, Kettle Park, Dunedin

Enquiries: Email: athleticsotagoevents@gmail.com

Meeting Manager: Greg Johnson

Course Set up: Ariki

Marshalls: Caversham

Timing: Sebastian Sole

Afternoon Tea: Caversham

Race Entry Information

1. Entry to all races is open to club and community runners and walkers.
2. There will be open 5 km, 3.75 km run and walk, 2.5 km and 1.25 km races, which will be handicapped by the Athletics Otago handicapper. (Athletes run the same distance but start at different time intervals). Male and female runners will compete together.
3. The open 3.75 km walk race will not be judged but all competitors are expected to walk the entire distance. Running, if observed, may lead to disqualification.
4. The U12 race will be one full lap of the course 1.25 km.
5. The U8 race will be a fun run, with entry on the day by children lining up at the start line. There will be no handicaps for this event.
6. No one can enter or compete in more than one race.
7. Team's Races
 - a. In the Open 5 km race the first six runners from the same club shall count for the team's race.
 - b. In the Open 3.75 km run and walk, Open 2.5 km, and U12 races, the first four runners/walkers from the same club shall count for the team's competition in each event.
8. Ages are taken as at 31 December 2024 except that Masters ages are *on the day*.
9. Masters Age Grades will be 35-49; 50-64; 65+.
10. All entries are to be done online via Athletics Otago website athleticsotago.co.nz Online entries close on Wednesday 5th June at 6.00pm. No late entries will be accepted for this event.

Entry Fees	Athletes registered with Athletics NZ via clubs	Community Athletes
Under 8 Fun run	Free	Free
Under 12 & Under 14	Free	\$10.00
Under 16	\$5.00	\$15.00
All other age groups	\$15.00	\$25.00

Changing facilities will be available at Dunedin Rugby Club, Kettle Park and in the adjoining changing facilities.

Afternoon tea and the presentations will be held in the Dunedin Rugby Club after the last event, at approximately 3.15 pm. The cost of the afternoon tea is included in the entry fees.

Medals for the first three in all events (except the U8 fun run) will be awarded. The winning teams in each event will be awarded certificates.



BARNES CROSS COUNTRY RACE DAY PROGRAMME 2024

Course will be run in an anticlockwise direction

EVENT 1: 1.00 pm

Open Male/Female 3.75 km Run (U18, U20, Seniors, Masters) 3 laps
Open Male/Female 3.75 km Walk (U18, U20, Seniors, Masters) 3 laps

EVENT 2: 1.35 pm

U12 Boys & Girls 1.25 km 1 lap

EVENT 3: 1.45 pm

U8 Girls & Boys 500 m - 800 m Short lap

EVENT 4: 1.50 pm

Open U14, U16 Boys & Girls 2.50 km 2 laps

EVENT 5: 2.15 pm

Open Female/Male 5 km Run (U18, U20, Seniors, Masters) 4 laps

Warm down run / walk

Afternoon tea and presentations