**2023 TamesideTeam Relay Competition.**

**Mon 26th June – East Cheshire Harriers. 3:45 – 5:15pm**

**The competition is designed to allow teams of 8 boys or girls to compete as a team over a series of relay competitions. Each team must be single sex and consist of 4 junior runners (yr 7/8) and 4 intermediate runners (yr 9/10). Each race must have 2 junior and 2 intermediate runners in the team. The order of the runners can be decided by the team manager. The only exception is the 1st relay where all 8 team members compete.**

**Each team member must compete in the 1st race and any two of the other relays.**

Order of events: Girls race then boys.

1. 8 x 50m shuttle relay. (all)
2. 4 x 100m relay (2x junior & 2x inter)
3. 4 x 300m relay (2x junior & 2x inter)
4. 4 x 200m relay (2x junior & 2x inter)
5. 4 x medley relay – 1 x 300m, 2 x 200m, 1x 100m. (2x junior & 2x inter)

Team Sheet. – (School) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

 Boys / Girls (circle)

1) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Junior. Events\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Junior. Events\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Junior. Events\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Junior. Events\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Inter. Events\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Inter. Events\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Inter. Events\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

8) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Inter. Events\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Please print out and complete separate team sheets for each team. Also, please try to allocate the events and the running order for each race before you arrive.**

**Rules:**

**8 x 50m – Race in lanes, take over behind designated changeover line.**

**4 x 100m – Race in lanes, using normal 4x100m take over boxes.**

**4 x 300m – No Lanes, Using 800m curved start and run in inside lane.**

**4 x 200m – No Lanes, Using 800m curved start and run in inside lane.**

**4 x Medley – No lanes, Using 800m curved start.**

* **Apart from the 1st race please try to organise the team so runners are not expected to run 2 consecutive races.**
* **Lead official to explain change over rules before race.**
* **A change over judge to show runners the boxes or organise a queue system for out going runners in the style of a 4 x 400m relay will be required from each school.**
* **Results: In the case of two heats, races are won on the basis of fastest time recorded.**
* **Please can each school make sure they bring a stopwatch and come prepared to help organise teams into order and/or supervise changeovers.**
* **The event is fun and fast paced. Results will be prepared after the event and sent to schools the following day.**

**Thanks**

**Adam Donnelly**

**Head of PE**

**Audenshaw School.**