

CORAL COAST TRACK AND FIELD CARNIVAL

Relays

There are three relay events for clubs to enter teams. A perpetual shield is awarded for these events.

The categories are:

Junior Shuttle Relay – The **maximum** combined age for each team of four runners must be 45 or below

Open 4 x 100m Relay – The **maximum** age for each team of four runners must be 60 or below, and must include 2 female and 2 male runners

Masters 4 x 100m Relay – The **minimum** age for each team of four runners must be 150 or above

Clubs may enter as many teams as they like, and runners can run in more than one category (keep in mind the races will follow directly after each other). **ENTRY IS FREE**

JUNIOR SHUTTLE RELAY NOMINATION FORM

CLUB:	RELAY TEAM NAME:	
Athlete	Age as at 31/12/2018	Male / Female
TOTAL AGE (Must not exceed 45)		

OPEN 4 x 100m RELAY NOMINATION FORM

CLUB:	RELAY TEAM NAME:	
Athlete	Age as at 31/12/2018	Male / Female
TOTAL AGE (Must not exceed 60)		

MASTERS 4 x 100m RELAY NOMINATION FORM

CLUB:	RELAY TEAM NAME:	
Athlete	Age as at 31/12/2018	Male / Female
TOTAL AGE (Must exceed 150)		

CLUBS ARE TO CO-ORDINATE THE LODGEMENT OF RELAY NOMINATION FORMS