

Relaython 2017



start	finish	Age Group	time for lap count
9:00	9:20	Under 6	20 minutes
9:20	9:40	Under 7	19 minutes
9:40	10:00	Under 8	18 minutes
10:00	10:20	Under 12	15 minutes
10:20	10:40	Under 13	15 minutes
10:40	11:00	Under 14/15/16	15 minutes
11:00	11:20	Under 11	15 minutes
11:20	11:40	Under 10	16 minutes
11:40	12:00	Under 9	17 minutes

Guidelines:

- ✓ Relaython will start at 9am and finish at 12 noon
- ✓ Girls and boys from the same age group will run as an age-group team
- ✓ Age-group teams will have the following time periods to run as many laps as possible
 - U6 - 20 minutes
 - U7 - 19 minutes
 - U8 - 18 minutes
 - U9 - 17 minutes
 - U10 - 16 minutes
 - U11 to U15/16 - 15 minutes
- ✓ U6-U12 Athletes must run relay legs of at least 100m
- ✓ U13-U16 Athletes must run relay legs of at least 200m
- ✓ Only completed laps are counted toward the age-group team tally
- ✓ Family and Friends may also run in the gaps between age-group teams or help if their child's age-group team gets tired, although at least one Athlete from the age-group team must run a leg of each lap during their timeslot.