

ERME VALLEY HARRIERS RELAYS

RULES

- All teams to be declared prior to the start using an event entry form and completed by a nominated club/team representative
- Declared running order is not to be changed once the event has started
- Club colours/vests must be worn.
- Numbers are to be worn on the front of running kit and not be cut folded or mutilated
- Letter on race number indicates the relevant leg to be run (**A first, B second, C third, D fourth**)
- Leg handover is to be carried out at the start/finish/in/out channels on authority and direction of the Race Referee
- Athletes can only count in one team in any category(eg they cannot count in two or more teams in a category)
- No prizes for teams with mixed sex runners unless in the non-running club category
- A Non Running Club Team is a team of runners containing no members affiliated to England Athletics
- Mixed club teams or teams with the same runner running more than one leg can still run but will not be eligible for a prize
- Only one prize per team (eg. First placed team will not also win their age category prize)
- **The wearing of headphones during the race is strictly prohibited. Any Team Member seen wearing headphones during their leg will result in team disqualification**
- The Referees decision is final