



KEMBLA JOGGERS RELAYS – 11 MAY 2013

Kembla Joggers club will be holding a new event as part of their 2013 Winter race programme – the KJ XC Medley Relays. The aim of the relays is encourage runners to enjoy relay racing and the day will be a good lead up to the Athletics NSW XC Relays scheduled for Miranda on 1 June 2013.

The relays will be teams of four racing against each other on the West Dapto XC course. It is intended to open the relays to allow non KJ runners/teams to compete against KJ runners/teams. The event will consist of three (3) separate races

- 1. U12 and U14 race - 1.15 p.m. start – runner distances 1km, 1km, 2km and 2km**
- 2. U16 and U18 race – 2.00 p.m. start – runner distances 2km, 2km, 3km and 3km**
- 3. U20, Open and Masters race – 3.00 p.m. start – runner distances 3km, 3km, 4km and 4km**

Runners can only run one (1) leg per race but can enter more than one race, i.e. an U14 runner can make enter as part of an U16 relay team after running in an U14 relay team. **Age eligibility is determined by age on 11 May 2013.**

Runners can form their own team or request that the race organisers pick them in a partly filled team. Any queries to info @kemblajoggers.org.au.

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ENTRY FORM

Select Race (circle race number) RACE 1 U12 & U14 Race

RACE 2 U16 & U18 Race

RACE 3 U20, Open & Masters Race

NAME OF 1st RUNNER

NAME OF 2nd RUNNER

NAME OF 3rd RUNNER

NAME OF 4th RUNNER

