

## Information - NavDash 8 - Garvey Park (inc club relays)

### Information for non-members of OAWA

You are very welcome to participate in the enter on the day (EOD) courses and we hope you will enjoy your run *AND* the sight of the fast and furious relay competition.

#### *Courses available*

EOD Hard – 3km

EOD Moderate – 2.5km

EOD Easy – 2.5km.

#### *Registration for non-members of OAWA*

Register at the caravan between 1 and 2.30pm. Standard [event fees](#) apply.

After you have registered, clear and check your SI (electronic timing device) and report to the Starter who will get you on your way. Make sure you enter and start early enough so that you will finish your course and/or return to the caravan before 4pm.

### Information for OAWA members

We hope you will participate in the OAWA club relay championships for 2017. If you don't wish to participate in the relays you are welcome to participate in the EOD courses (see above).

Relay participants need to let their Club Convenor know what category and how many legs they would like to run before 6 July 2017. Your Club Convenor will work out teams and let relay participants know their team details after 7 July 2017.

There are three team categories:

- Hard Open – 4 legs, approx. 3kms each; teams of 2, 3 or 4 runners.
- Hard Masters – 4 legs, approx. 2.5 each; teams of 2, 3 or 4 runners.
- Mixed - 3 legs (1xH Masters, 1xM, 1xE); teams of 3 runners.

Masters are men older than 50 and women older than 45.

Please be aware that runners may NOT run consecutive legs, as each runner needs to download at the caravan after their run and before their next one.

#### *Registration for relay participants*

One member of each team should collect entry fees (Standard [event fees](#) apply) from all team members and take these to the caravan. You will be given a pack of bibs and pins and the running order of your team to help you make sure the right bib is on the right person and your team runs in the right order.

Attend the relay briefing at 12.45pm and be ready for the mass start at 1pm.

#### *[Scoring process](#) used to decide the winning club*

Hard Open Teams: 30 points for 1st team, declining to 1 point for 30th team. Hard Masters Teams: 25 points for 1st team, declining to 1 point for 25th team. Mixed Teams: 20 points for 1st team, declining to 1 point for 20th team.

The club with the most points is awarded the Ruddy Rock Interclub relay trophy. In the event of a tie, the club with more points in the Hard category wins. B-O points are allocated as usual according to the final order of the clubs.

Any queries – email the Organiser - Rosalie McCauley ([mccauley10@westnet.com.au](mailto:mccauley10@westnet.com.au)).