



## **HARRA Spring and Fall Series Relay Requirements**

### **Rules for Relay Races (Road or Cross Country)**

1. For a team to score in the HARRA Interclub Competition, all runners must be members in good standing in HARRA and in the club they are representing at the time of the race. (Current HARRA Membership can be viewed: <https://harra.org/member-list>).
  - a. Club affiliation must be designated in the runner's HARRA member profile.
  - b. There is a 48-hour grace period after the race for runners to make their HARRA status and club affiliation current. (Links to Join, Renew or Login to account are on the top right of the HARRA home page.)
2. Teams that have non-member or mixed affiliation runners may still participate in the race competition, but the team will not be counted in HARRA standings.
3. Each runner may only run one leg of the relay. Runners may not run on more than one team.
4. Each leg must be completely finished or the team will be disqualified
5. 4th leg runner must wear the D race bib/number (or carry chip on person). Runners should run in order of bib (A, B, C, D)
6. All members of each team eligible for awards are subject to verification by race officials prior to the awards ceremony.
7. The race director and or race official may disqualify anyone for not adhering to the rules.

8. The race director has the option to include teams not adhering to Rules 3. and 4. in a non-competitive category if they wish, but they will not be counted for HARRA competition.
9. The race director must provide a complete list of teams including individual team members after results are finalized to HARRA.

## **Relay Categories**

HARRA Series Relay Races (Road or Cross Country) must have - at a minimum - the six HARRA team categories detailed below. Additional categories are permitted but they must have equal awards for both gender categories of teams.

Relay categories are as follows:

- Open
- Open Women
- Masters (40+)
- Masters Women (women 40+)
- Veterans (50+)
- Veteran Women (women 50+)

The following additional categories may also be included:

- Open Mixed (team of 2 Men and 2 Women under 40)
- Masters Mixed (team of 2 Men and 2 Women 40+)
- Senior Men (men 60+)
- Senior Women (women 60+)
- Senior Mixed (team of 2 Men and 2 Women 60+)

If a club is concerned about the categories, they should contact HARRA to approve any changes/additions prior to their race.