

# Postal relays



The postal relays are conducted in February each year. They challenge all states to find who has the best teams of athletes. ***These are national championships, with the winners receiving an official certificate.***

- All events are conducted in ten year age groups (i.e. M30-39, W40-49, etc.).
- Track events are 4x100m, 4x400m, 4x1500m and 4x800m walk. Track events have teams of four.
- Field events are long jump, discus, shot put and javelin. Field events have teams of three, each of whom has three trials. Each member's best trial counts and the team total is the sum of these.
- Each athlete can only compete in one age group per event. This means that you cannot enter in two different teams for the same event.
- Mixed teams of men and women are not allowed.
- The age of the youngest athlete in the team determines the age group of the team.
- The age of the youngest athlete in the team determines the weight of the implement.
- All members of a team must be financial members of MAWA; no visitors may enter.
- All athletes must compete in MAWA uniform.

There is a sign-in sheet at WAAS (Tuesday) and ECAC (Thursday). Please put your details on these sheets for the events you wish to enter. I will organise these into appropriate teams and discuss this with you individually.

By signing up for a relay you are committing yourself to a team and have a responsibility to the other members. If, through injury or other good reason you cannot compete, please try to find a replacement and advise me.

Please check place and schedule for your relays – see the website. Some are at ECAC (Thursday) and some at WAAS (Tuesday). A copy of this schedule will be alongside the sign-in sheets on Tuesdays and Thursdays.

If you wish to make up your own team please confirm with me.

Any questions or problems, please talk to me at the track, by email, by phone or on facebook (MAWA group or public page) at least 24hr prior to the relay.

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