

Pulse 3K Team Rules:

Each school/club must enter a minimum of four participants to make up a team. A team can be constituted with any combination of girls and boys from any age group. There is no maximum number of runners per team. The four highest placers will make up the team score.



A handicapped points system will be used to calculate the team score.

Average time for the age group in the previous year will be used as the basis for the points system. Each participant will be awarded points based on their individual finishing time compared to the previous year's times for their age group and gender. The team with the highest total of points will be the winning team.

There is one team prize available for this category of competition.

Details of the handicapping points system are noted in the below table:

Girls Age 11 Times	<12:59	13:00 -	13:30 -	14:00 -	14:30 -	15:00 -	15:30 -	16:00 -	16:30 -	17:00 -	17:30 -	18:00 -	18:30 -	19:00 -	19:30 -	20:00 -	20:30 -	21:00 -	21:30 -	22:00 -	22:30 -	23:00 -	23:30 +
Points	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
Boys Age 11 Times	<12:59	13:00 -	13:30 -	14:00 -	14:30 -	15:00 -	15:30 -	16:00 -	16:30 -	17:00 -	17:30 -	18:00 -	18:30 -	19:00 -	19:30 -	20:00 -	20:30 -	21:00 -	21:30 -	22:00 -	22:30 -	23:00 -	23:30 +
Points	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
Girls Age 12-13 Times	<12:30	12:30 -	13:00 -	13:30 -	14:00 -	14:30 -	15:00 -	15:30 -	16:00 -	16:30 -	17:00 -	17:30 -	18:00 -	18:30 -	19:00 -	19:30 -	20:00 -	20:30 -	21:00 -	21:30 -	22:00 -	22:30 -	23:00 +
Points	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
Boys Age 12-13 Times	< 11:59	12:00 -	12:30 -	13:00 -	13:30 -	14:00 -	14:30 -	15:00 -	15:30 -	16:00 -	16:30 -	17:00 -	17:30 -	18:00 -	18:30 -	19:00 -	19:30 -	20:00 -	20:30 -	21:00 -	21:30 -	22:00 -	22:30 +
Points	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
Girls Age 14-16 Times	< 11:59	12:00 -	12:30 -	13:00 -	13:30 -	14:00 -	14:30 -	15:00 -	15:30 -	16:00 -	16:30 -	17:00 -	17:30 -	18:00 -	18:30 -	19:00 -	19:30 -	20:00 -	20:30 -	21:00 -	21:30 -	22:00 -	22:30 +
Points	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
Boys Age 14-16 Times	<11:29	11:30 -	12:00 -	12:30 -	13:00 -	13:30 -	14:00 -	14:30 -	15:00 -	15:30 -	16:00 -	16:30 -	17:00 -	17:30 -	18:00 -	18:30 -	19:00 -	19:30 -	20:00 -	20:30 -	21:00 -	21:30 -	22:00 +
Points	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1

Should two or more teams have the same number of points when the results are calculated, the winning team will be calculated by the highest average position, calculated by adding the 4 positions of team members and dividing by 4.