

## Wheelbarrow Derby

### Racing Rules

The Wheelbarrow Derby will be conducted in the following manner:

1. Age groups:
  - a. Over 30-year-olds.
  - b. 18- to 30-year-olds.
  - c. Under 18-year-olds.
2. Each team to consist of 2 members of the same age group.
3. Depending on the number of entries within each age there will be heats. Each heat will have up to 4 groups of competitors.
4. The racetrack will have four lanes identified by plastic cones.
5. There will be four wheelbarrows each to be heavy duty with a rubber tyre and a plastic tray.
6. The lanes will be 30 metres long. The runner will start at one end and run with the wheel- barrow to the other end of the 30 meters and pick up its passenger and race back to the finish line. Placings will be 1<sup>st</sup> past the post.

Depending on the number of heats in the age group, the winners of each heat will compete for the overall winner and other placings.