



Wheelbarrow Derby

COMPETITION REGULATIONS

1. **Age Categories**

- Over 30-year-olds
- 18 to 30-year-olds
- Under 18-year-olds

2. **Teams**

- Each team consists of 2 members from the same age category

3. **Race Format**

- Heats may be conducted depending on number of entries
- Up to 4 teams per heat

4. **Equipment & Track**

- 4 lanes will be set up using plastic cones
- Track length: 30 metres
- Heavy-duty wheelbarrows provided – plastic tray, rubber tyre

5. **How It Works**

- The first team member runs 30m with the empty wheelbarrow
- At the end, they pick up their teammate (the passenger)
- Then race back to the start – fastest team wins the heat

6. **Finals**

- Winners of each heat progress to the final
- Final placings decided in a winner-takes-all race