



31st Adidas New Zealand Secondary Schools Track and Field and 29th Road Race Championships Invercargill 5, 6 & 7 December 2003

10 September 2003

To all New Zealand Secondary Schools affiliated to NZSSAA

NEWSLETTER NUMBER TWO

Welcome to the 31st Track and Field and 29th Road Race Championships.

Venue: Surrey Park Stadium, Invercargill
Date: 5th - 7th December 2003

This posting includes information on the following

- Changes to original order of events
- Rules of Competition
- NZSSAA Standards
- Entry Information and Instructions
- Athletic media profile sheet
- Draft Programme

Entries

Entries and entry fees made online at www.nzssaa.org.nz
Refer to Entry instructions pages enclosed.

Scratchings

There are no restrictions to the number of events you may enter. However it is considered that more than 3 individual events is unwise. It is important to remember that in some events there are up to 4 rounds. Managers must ensure a sensible programme for their athletes. Athletes cannot withdraw from events after Wednesday 3 December.

Extra events: Competitors must be scratched from any events they do not intend to take part in, before midnight Wednesday 3 December. This can be done on line on the website up to midnight. After that the only scratchings that are permitted are complete scratchings from the Championships.



Programme amendments to Order of Events from Newsletter One

Please note that the original order of events was a guideline only. There have been a number of important changes made. There may well be other slight adjustments to the programme when the programme is timed when numbers are known. We apologise if this has inconvenienced any team.

The Hammer

Due to safety concerns and the introduction of age groups into the hammer event with there now being 4 competitions we have had to make time changes to the programme.

**The Boys Hammer competition will be held on Friday evening -5.00pm-7.00pm.
The Girls Hammer competition will be held on Saturday after competition of field events at approx. 4.30pm**

Please note that there is a change in weight of the Hammer.

Senior Boys 5kg
Junior Boys 4kg
Senior Girls 4kg
Junior Girls 3kg

Road Race

There will a **separate year 9 race**. The road race will be run in the same way as the Cross Country. Medals –first 3 individuals and 3 person and 6 person teams events.

Check the times and note that there is a change in order.

The junior races will run before the year 9 races.

Junior Girls 8.00am
Junior Boys 8.20am
Year 9 Girls 8.40am
Year 9 Boys 9.05am
Senior Girls 9.30am
Senior Boys 9.55am

Shot put

Standard, this has been amended to allow for change in weight.

Senior Boys standard 12.20m

Pole vault

The competition will be split

Boys 1.30pm Saturday
Girls 1.30pm Sunday



Rules of Competition

1. The meeting will be conducted according to the **rules of Athletics New Zealand**.
2. **The new IAAF rule** regarding the throwing sector for the **Discus, Hammer and Shot Put will implemented at these championships**. The size of the sector will be reduced from 40 – 34.92 degrees.
3. Competition numbers must be worn on the chest (except for Pole Vault). Athletes may be disqualified if the number is not displayed during the competition.
4. Only competitors currently involved in any event will be permitted in the competition area.
5. The warm up area is on the back track.
6. **MARSHALLING OF COMPETITORS**. All athletes in both Track and Field events must report to the marshalling tent **30 minutes** before the scheduled starting time for the event. Practice throws and jumps for the field events will take place in the area, 20 minutes prior to the competition, with only 2 practices per competitor in competition order. For all track quarter finals, semi finals and finals, athletes must report to the marshalling tent **15 minutes** prior to the starting time.
7. **Safety at throwing events**. In all throwing events, especially Javelin, Hammer and Discus, competitors are asked to take due care. Implements must only be thrown from the sector and returned by HAND.
8. **Flags**. In the field events, the use of flags is as follows: RED FLAG indicates a foul – WHITE FLAG indicates a fair attempt. In track events a YELLOW FLAG indicates an infringement has occurred.
9. **Field event attempts**. In all field events (except High Jump and Pole Vault), each competitor is allowed three attempts and the best eight, three more attempts. Competitors will be credited with the best of all his/her attempts.
10. **The increments for the Open Pole vault and High Jump** are:
 - Open Pole Vault
 - Boys: Start 2.20m goes up in 20cm rises until 3.20 thereafter 10 cm rises.
 - Girls: Start at 1.80m goes up in 20 cm until 3.00m thereafter 10cm
 - High Jump**
 - Senior Boys start at 1.65m with 5cm rises to 1.85 thereafter 3cm rises
 - Junior Boys start at 1.55m with 5cm rises to 1.75 thereafter 3cm rises**

Senior Girls start at 1.45m with 5cm rises to 1.55m thereafter 3 cm rises
Junior Girls start at 1.35m with 5cm rises to 1.50 thereafter 3 cm rises

11. **THROWING IMPLEMENTS**

Personal implements may be used by competitors for throwing events provided they are approved by the Technical Officer and made available **to all competitors**. The equipment room is underneath the east end of the grandstand.

It is the responsibility of the team manager to have these implements to the technical Officer at the times below.

Implement Check Times. Athlete's implements must come in for calibration:

For Friday competition by 4.00pm on Friday.

For Saturday competition before the close of the Friday night session.

For Sunday competition before the close of Saturday session

12. **Starting Blocks**

The use of starting blocks is compulsory for all track events up to and including 400m. Athletes can use their own starting blocks **providing they are checked by the Equipment Officer** at the above times.

Disabled Athletes are exempt from this ruling if their disability prevents the use of blocks.

13. **Poles for the Pole Vault**

Owing to difficulties in transporting the poles to Invercargill there will be a small supply provided for use by the competitors. Competitors with their own poles will need to have them checked by the equipment officer just prior to the event.

14. **Spikes**

Only pyramid and or Christmas tree spikes may be worn. Track areas including Long Jump and Triple Jump must not be longer than 6mm.

High Jump and Javelin areas may be up to 9mm long.

Lanes. Competitors in track events up to and including 400m must remain in their lanes and return to the finish line in their lanes at the end of the event.

The **800m** events shall be run in lanes as far as the end of the first bend. The starts will be staggered so that the distances from start to finish are the same for each competitor

15. **Draws:** lanes and starting order will be drawn and posted as soon as possible.

16. **Completion of Events.** Any athlete that qualifies in the heat or round, **MUST complete** in succeeding rounds and in the final, unless the consent of the referee has been obtained. Failure to do so renders the athlete liable to disqualification from other events during the meeting.

17. **Events at the same time.** For competitors who find they are in a field and a track event at the same time. **The Track event must take precedence.** They should report to the field event official and excuse themselves to complete the track event, returning to the field event ASAP after the track event. Competitors cannot demand to take their attempts in succession or to take any trial of the round in which they failed to appear.

18. **Scratchings.** Any athlete wishing to withdraw from an event MUST do so by the time for the final scratching. - **Midnight 12.00 Wednesday 3 December** or is otherwise liable for exclusion from the meeting. Any scratchings after Wednesday 3 December are for the complete scratching of an individual from the meeting.
19. **Protests.** These must be lodged with the referee as laid down in the competition rule (IAAF rule 146).
20. Competitors take part in the event at their own risk. The NZSSAA and the Southland Organising Committee will not accept responsibility for losses or damages to personal property, nor claims from competitors, spectators or members of the public as a result of an accident arising before, during or after the event.
21. **Athletes with Disabilities:** Wheel chair athletes and “Stand-up” athletes will compete in separate sections in the track events but will compete together in the field events. All disability events are classed as Open events.

NZSSAA Standards 2003

Events	Senior Boys	Junior Boys	Senior Girls	Junior Girls
100m	11.4secs	11.9secs	13.0secs	13.2secs
200m	23.4secs	24.3secs	26.8secs	27.0secs
400m	53.0secs	55.5secs	62.0secs	63.0secs
800m	2m03secs	2m08secs	2m28secs	2m30secs
1500m	4m14secs	4m30secs	5m10secs	5m30secs
3000m	9m18secs	9m40secs	11m00secs	11m30secs
Hurdles	15.5secs-110m 15.8secs-100m	16.5secs-100m 14.5secs-80m	17.5secs-100m	15.0secs-80m
High Jump	1.70m	1.60m	1.45m	1.40m
Long Jump	5.90m	5.60m	4.90m	4.75m
Triple Jump	12.30m	11.50m	9.80m	9.50m
Shot Put	12.20m	11.80m	9.40m	9.85m
Discus	36.00m	35.00m	28.00m	26.00m
Javelin	43.00m	38.00m	26.00m	24.00m
Hammer	28.00m	Open 2003	22.00m	Open 2003
Open Events				
1500m steeplechase			6m25secs	
2000m steeplechase	6m25secs			
300m hurdles	46.2secs		49.2secs	
2000m walk			Open	
3000m walk	7m25secs			
Pole Vault	Open		Open	

Technical Information

Hurdle Heights and Distances

	Height	No.	To 1st	Between	To Finish
Boys Sen 110m	91.4cm	10	13.72m	9.14m	14.02m
Boys Jun 100m	84.0cm	10	13.00m	8.50m	10.50m
Boys 300m	84.0cm	7	50.00m	35.00m	40.00m
Girls Sen 100m	76.2cm	10	13.00m	8.50m	10.50m
Girls Jun 80m	76.2cm	8	12.00m	8.00m	12.00m
Girls 300m	76.2cm	7	50.00m	35.00m	40.00m

High Jump

	Standard	Start	Progress	Thereafter
Boys Sen	1.70m	1.65m	5cm to 1.85m	3cm
Boys Jun	1.60m	1.55m	5cm to 1.75m	3cm
Girls Sen	1.45m	1.40m	5cm to 1.55m	3cm
Girls Jun	1.40m	1.35m	5cm to 1.50m	3cm

Pole Vault

	Start	Progress
Boys	2.60m	15cm to 3.20m
Girls	1.80m	15cm to 2.75m

Steeplechase (Open)

	Distance	Height
Boys	2000m	91.4cm
Girls	1500m	76.2cm

Implements

	Javelin	Discus	Shot	Hammer (Open)
Boys Sen	700g	1.50kg	5.00kg	5.00kg
Boys Jun	700g	1.25kg	5.00kg	4.00kg
Girls Sen	600g	1.00kg	4.00kg	4.00kg
Girls Jun	600g	1.00kg	3.25kg	3.00kg

Entry Information and Instructions

Entries are being accepted for this event on the Association's Website www.nzssaa.org.nz. The procedures are explained in this document, which will be uploaded to the home page of the website, and are the same as for this year's Cross Country Championships. The dropdown fields for Events in the Entries page have been expanded to include all the Track and Field Events. All school Principals have been sent login codes and passwords. Yours will give you access to your school's entry form. Payment can be made online by credit card, by Internet banking, or by posting a cheque with a copy of the invoice. All the information you require is provided on the invoice, which should be printed from your computer when you submit the entries. For enquiries about the Online Entries process email oe@nzssaa.org.nz

Entries submitted will not be loaded to the events pages on the website until payment has been confirmed.

Prompt Entries will close on **Friday 14 November**.

Late entries will only be accepted up until **Friday 28 November**.

After that date no new entries will be accepted.

The late entry fee \$50.00 per athlete will be applied to all entries submitted between these dates.

If you have to submit your entries within a day or two prior to either of these dates you are strongly advised to arrange beforehand to make payments either by Credit Card or by Internet Banking the same day. The period for entries has been significantly extended. Late payments for prompt entries may be re-invoiced with the late fee included unless prior arrangements have been notified to us. The P O Box will not be cleared after Monday Morning 1 December.

Individual Entries

There is no formalized restriction to the number of individual events an athlete can enter. Coaches and team managers are cautioned to consult the programme to avoid events, which might clash. Please do not allow athletes to over commit themselves, particularly in the middle distance events.

In order to allow for entries to be made as early as possible and to provide athletes the opportunity to delay decisions as to your final combination of events or distances, the website will accept entries in up to **FIVE INDIVIDUAL EVENTS**. The person responsible for entries in each school will be able to scratch athletes from excess events after the entries have been submitted and your account "locked" for payment purposes. You will

not be able to add or change events. You will not be able to add new athletes. This facility will remain active in Online Entries until Wednesday 3 December. **After that date athletes cannot be scratched from individual events. They can only be scratched from all events.**

Relay Entries

Entries for the track relays will be accepted in Online Entries from schools but we do not require confirmation of team membership or running order until Friday 5 December at the Managers Meeting. The forms for confirmation of relay teams will be provided in Team Managers Packs. As we do not require nomination of relay team members until the Managers Meeting, you will only need to use the **Relay** event in the dropdown menu for an athlete who has no other individual events. We need their information in order that they are placed in the correct grade and assigned a competitor number.

Restrictions to the Number of Competitors per School

Each School has the right to enter one competitor per event, or team per relay. No seeding time or mark is required in this case. It is in the best interests of potential finalists to provide a verifiable Best Performance if they wish to avoid meeting other potential finalists in the early rounds of events. This rule does not apply to the Road Races where there is no such restriction.

If a school wishes to enter more than one competitor in an event, all competitors from that school must have achieved the NZSSAA Entry Standard for that event. The Entry Standards are available on the website. A verifiable best performance for the event must be provided for each competitor at the time of entry. We draw to your attention, IAAF rule 142.4 and particularly *Note 2. Failure to participate includes failure to compete honestly with bona fide effort.*

Scratchings

As specified above scratchings from individual events can be made in Online Entries until midnight 3 December. After that only scratchings from all events will be accepted and these can be notified in writing at the Managers Meeting.

Entry Fees

\$10 For one or two individual events including a road race

\$15 For three or more individual events including a road race

\$10 For athletes only participating in a relay.

These entry fees include a \$3 NZSSAA travel levy.

\$50 Late entry fee per competitor in addition to those above

How The Online Entry Forms Work

When you use your access code and password you are able to login to the entry forms for your school. This area has four parts.

A **Team Details Form** where you must provide the Names of the Teacher in Charge at the school, the Team Managers Name for the competition and contact details including an email address and a phone number. These are indicated as required fields and the website will not save any entry information until they are filled. It would be helpful, if you

were providing a cell-phone number, that it was the one the Team Manager would be carrying at the Championships.

The **Entry Form** allows for up to ten competitors details to be entered at a time. These must be saved and if there are more to enter you just go back into the Entry Form again and repeat the process. We strongly recommend that, on your first visit to Online Entries, you complete just one athlete's entry and save it, to follow the process outlined below.

The Entry Form is made up of two fields where the competitors Family Name and Given Name must be typed and click boxes for their gender. All of the other information such as age, events, t-shirt size (if you wish to order one) and Year 9/Junior for the Road Race, is selected from dropdown menus. You may have to use the Horizontal scroll bar to get across to them all. There are "Save" boxes to click when you wish to save the information you have entered to that point.

The **Entries Browser**. When you save your entries you are transferred to the Entries Browser. If there are omissions or errors in the information you have put in, you will be presented with the information for each incomplete competitor. You must scroll through all your entries for the current session to check for the Red Markers, which indicate that the information in that field is incomplete. In the Entries Browser you can Edit or Delete information about your competitors. You can log off at this stage and provided you have successfully completed one entry cycle without errors or corrected any errors and saved the corrections, all the information is saved to our database. By using the Print command on the web page a printout with all the competitors' events and details and check boxes for your own record keeping is downloaded. This is different to the format you are viewing at the time and should be more useful than Print Page or Print screen from the web-browser. All the data saved can be accessed and added to or modified at any subsequent visit until you finally decide that all the information is correct and you wish to Submit Entries.

Proceed To Payment. When you click Proceed to Payment you are transferred to the Payment Options screen. Here you must nominate your method of Payment.

If you pay by Credit Card your entries are loaded immediately to the website and a receipt is generated. At this point your entries are "locked" for payment purposes. We do not offer refunds.

The other options are to pay by making an Internet deposit directly to our Bank Account using your own Online Banking Provider or to Post a cheque to **NZSSAA Entries P O Box 33-034 CHRISTCHURCH**. In both these cases an invoice is generated for your school, which you should print. Your account is locked for payment purposes at this point. You are unable to add new athletes or events. You will be able to make scratchings until 3 December. Your invoice has our Bank Account number and the other instructions you will need. You can go back at a later stage and view or print your invoice and your receipt, which we generate when we have confirmed payment. Your entry details are uploaded automatically to the website when we generate your receipt.

Media Form NZSSAA Track & Field 2003

Name _____

School _____

Age _____

Events _____

Athletic CV (previous NZSS or ANZ championship titles or placings)

Interesting Family School Ties: (Other family members having represented NZ or won titles)

Please post to **Westpac Sports Directors**
 PO Box 760
 Invercargill

Fax **(03)2183340**

NZSSAA TRACK AND FIELD GUIDELINE PROGRAMME

Saturday am

8.30am – 12 noon	300H	OB
	300H	OG
	1500	JB
	1500	JG
	800	SG
	800	SB
	400	JG
	400	JB
	200	JG
	200	JB

Saturday pm

12noon – 7pm	2000ST	OB
	2000ST	OG
	200	SG
	200	SB
	3000	JB
	110H	SB
	100H	JB
	100H	SG
	80H	JG
	400	SG
	400	SB
	100	JG
	100	JB
	100	SG
	100	SB
	300H	OB
	300H	OG
	1500	SB
	1500	SG
	800	JG
	800	JB
	100	JG
	100	JB
	100	SG
	100	SB
	800	SG
	800	SB

Saturday pm

7pm – 8.15pm	3000	SB
(These events may	3000	JG
be advanced	4X100	JG
depending on	4X100	JB
numbers competing)	4X100	SB
	4X100	SG

Events for Athletes with Disabilities

The following events will be offered:

- 100m
- 800m (wheelchair athletes)
- Shotput

Sunday am**8.45am-12noon**

110H	SB
100H	JB
100H	SG
80H	JG
800	JG
800	JB
3000	SG
100	SB
400	SG
400	SB
400	JG
400	JB
200	JG
200	JB
3000	SB
200	SG
200	SB
3000	JG
110H	SB
100H	JB
100H	SG
80H	JG

Sunday pm**12noon – 5pm**

3000	JB
800	SG
800	SB
800	JG
800	JB
100	SG
100	SB
100	JG
100	JB
2000W	OG
300H	OG
300H	OB
1500	SG
1500	SB
200	SG
200	SB
200	JG
200	JB
400	JG
400	JB
3000W	OB
400	SG
400	SB
2000ST	OG
2000ST	OB
1500	JG
1500	JB
4X100	JG
4X100	JB
4X100	SG
4X100	SB
Closing Ceremony	
4X400	JG
4X400	JB
4X400	SG
4X400	SB

Friday Field

5.00 pm
Hammer JB/SB

Saturday Field

9.00am		11.30am		1.30pm		2.30pm	
Discus	SB	Shot P	JB	Pole V	OG/OB	Javelin	JB
Javelin	JG	Discus	JG			Shot P	SB
High J	SG	Triple J	SB			Long J	JG
Long J	JB					Discus	SG
						High J	SB

3.30pm		4.30 aprox	
Triple J	SG	Hammer	JG/SG

Sunday Field

9.00am		11.30am		1.30pm		2.30pm	
Javelin	SB	Long J	SG	Pole Vault	OG	Long J	SB
Shot P	SG	Discus	JB			Javelin	SG
High J	JG	Shot P	JG			High J	JB
Triple J	JB					Triple J	JG

Road Race

8.00am	4000m	Junior Girls
8.20am	4000m	Junior Boys
8.40am	3000m	Y9 Girls
9.05am	3000m	Y9 Boys
8.30am	4000m	Senior Girls
9.55am	6000m	Senior Boys