

Notes for Competitors

1. All events will be run under the rules of Athletics NZ.
2. Competitors are warned against leaving valuables in changing rooms. No responsibility for losses will be accepted by the organising committee.
3. Warm up areas are available on the back ground away from the grass track.
4. **Spikes:** Restrictions is on TJ/PV run-ups where 6mm spikes are the maximum allowed.
5. **Marshalling of competitors** – Athletics must report to the track marshalling area at least 15 minutes before the advertised starting time of each event. **The responsibility for being at the track marshalling area and ensuring that their name is checked off by the marshal is that of the individual athlete. For field events competitors are to report directly to the event 10 minutes prior to the scheduled start time of the event.**
6. Starting blocks are provided and must be used for all events up to and including 400m. Privately owned starting blocks are welcome.
7. If there are insufficient starters at a heat time the event will be run as a final at the stipulated final time.
8. In all throwing events- especially the javelin and discus, competitors are warned to take due care. Implements must only be thrown from the sector line or circle and **returned by hand, not thrown back to the starting area.**
9. In the field events the use of flags is as follows
A red flag – signals no throw or no jump
10. In all field events except the high jump and pole vault competitors will have 3 attempts, and the top 8 competitors will have a further 3 attempts with the best attempt over the 6 rounds counting.
11. In track events where heats are required, the first three in each heat and the next fastest two will qualify for the finals.
12. **Competitors who find they are in a field and track event at the same time must realise that the track event takes precedence.** They should report to the field event official and excuse themselves to compete in the track event, returning to the field event as soon as possible after the track event. Competitors cannot demand to take all their trials in succession or to take any trial of the rounds in which they have failed to

appear. However, the field event official may allow competitors to take their trials in any order different from that decided upon prior to the start of the competition. This will not be possible if a round of the competition has been completed, or if the competition has been completed.

13. Competitors in track events up to and including the 400m must remain in their lanes at the finish line until dismissed by the judges. When given place disks they must then report to the recorders desk.
14. Only competitors currently involved in an event or under the instructions of marshals and officials will be permitted in the arena.
15. Lanes and starting orders will be posted at the grounds and in the programme. Subsequent rounds and finals will be drawn, announced and posted as soon as possible.
16. Only official or certified equipment may be used for throwing events. Competitors who wish to use their own equipment must have it checked by the Technical Manager. Such equipment must be delivered to the Nelson RSD office at Sport Tasman before noon on the Friday before the event, or handed in at the Managers meeting on the Friday night.
17. Any athlete who qualifies for the final of an event must compete in that final unless the consent of the Meeting Manager has been obtained. Otherwise he/she shall be excluded by the Meeting Manager from participation in further events at the meeting.
18. Protests: All protests must be made to the referee as laid down in Athletics NZ Rule 147

PRACTICE EQUIPMENT WILL NOT BE SUPPLIED.

Relay Confirmation

Team Managers are required to confirm to the control room relay entries and the names of runners no later than 9:30am on the day of the event.