

INSTRUCTIONS TO COMPETITORS

1. RULES

This meeting is conducted under the rules of Athletics NZ except as provided for below and in the by-laws.

2. DRESS

Competitors must compete in the uniform of their representative team, **NOT** that of their individual school.

3. WARMING UP

On the bank as stated in the lay out map and in the back straight when lanes are Available.

4. STARTING

- a) Starting blocks must be used in all events up to and including 400m. Athletes must use the blocks as supplied. *No personal blocks will be permitted to be used.*
- b) All questions concerning the start will be at the absolute discretion of the starter, whose decision will be final. If in his/her opinion, the start is not a fair one, the start will be recalled.
- c) The starting rule (one break per race) will be enforced.

5. Every competitor who qualifies in a heat must compete in the final. Anyone withdrawing from a final shall be ineligible for any further competition.

6. Only competitors currently involved in an event or under the control of a marshall will be permitted into the competition area.

7. REPORTING

Competitors must report to the Marshalling Tent before the stated reporting time. *Failure to do so may result in disqualification.* In the event of non-arrival of competitors for heats, whenever necessary, the event shall be re-drawn.

Reporting times:	Track Events:	30 minutes before start time
	Field Events:	30 minutes before start time

8. **EQUIPMENT**

Personal throwing implements may be used by competitors provided they are approved by the Technical Manager at the Managers Meeting or by 8.00am at Nelson Park on Saturday 2nd April 2005. All personal implements may be used by any competitor for the duration of that event.

10. **PROTESTS**

Must be made within 30 minutes of the official result of the event being posted on the results board.(rule 146).

11. **SPIKES**

Must not be more than 6mm in length. Javelin and High Jump may use 9mm. **NO NEEDLE** spikes are to be worn. Only Pyramid or Christmas Tree spikes are acceptable at Nelson Park. Spikes will be available for sale at the Craft and Hern in the K Mart Plaza opposite the track in St Aubyn Street.

12. **QUALIFYING.**

400m and Under:	4 heats	1 st in each heat plus the next four fastest.
	3 heats	1 st & 2 nd in each heat plus the next 2 fastest.
	2 heats	1 st , 2 nd & 3 rd in each heat plus the next 2 fastest
800m:	2 heats	1 st , 2 nd and 3 rd plus the next 2 fastest.

In field events (except Pole Vault and High Jump), the top eight competitors after three rounds will receive three more attempts.

13. Athletes may enter a maximum of four events. **Junior Boys & Junior Girls** may enter no more than two of the following events: 100m, 200m, 300m, 400m, 800m, 1500m, 3,000m, Steeplechase, 3000m Walk, 300m Hurdles.

14. No more than three competitors from the same region may compete in any event, excluding relays. The only exception to this rule is if a fourth athlete has **achieved the Selection Guideline**, then that athlete would be entitled to be entered. Teams **ARE NOT** entitled to four athletes per event, **as of right**.

15. **RELAYS**

If more than 8 teams are entered, two heats will be held and final placings will be decided by time. Only **1 team per association per grade** is permitted.

ENTRY NOTES

Entries Close:

Wednesday 23th March 2005 by 5:00pm. On line entries will only be accepted.

DATES OF BIRTH ARE VITAL - ENTRIES WITHOUT DATES OF BIRTH WILL NOT BE CONSIDERED.

If entering hand times for qualifying performances, indicate this with an 'h' after the time.

Entry Limits

Athletes may enter a maximum of four events, including no more than two of any of the following events: 100m, 200m, 300m, 400m, 800m, 1500m, 3000m, Steeplechase, 3000mWalk, 300m Hurdles.

Associations may enter one athlete per event as of right, and up to a **maximum of three athletes per event** provided all athletes have met the given qualifying standard. The only exception to this rule is if a fourth athlete has **achieved the Selection Guideline**, then that athlete would be entitled to be entered.

Relays:

A declaration of relays must be to the control room for 4x100m Relays by Saturday noon, and for 4x400m Relays by Sunday 10am.

Grades:

Age as at **1 January 2005**.

Junior	Under 14	(i.e. born 1991 or 1992)
Intermediate	Under 16	(i.e. born 1989 or 1990)
Senior	Under 19	(i.e. born 1986 or 1987 or 1988)