



North Island Secondary School Athletics  
Track & Field Championships

**INSTRUCTIONS TO COMPETITORS**

1. **ENTRIES CLOSE:**  
**Tuesday 27<sup>th</sup> March 2007 @ 11.59pm.** Only online entries will be accepted.  
  
*Please note: **Date of births are vital** – entries without dates of birth will not be considered. If entering hand times for qualifying performances, indicate this with one decimal place only.*
2. **GRADES:**  
Age as at **1 January 2007.**

▪ Junior	Under 14	(i.e. born 1993 or 1994)
▪ Intermediate	Under 16	(i.e. born 1991 or 1992)
▪ Senior	Under 19	(i.e. born 1988 or 1989 or 1990)
3. **RULES**  
This meeting is conducted under the rules of Athletics NZ except as provided for below and in the by-laws.
4. **DRESS**  
Competitors must compete in the uniform of their representative team, **not** that of their individual school.
5. **WARMING UP**  
Throw events will warm up in the warm up area outside the Track. This will be sign posted. All other athletes can warm up on the back straight or on the grass area on the bank outside the fence.  
Hurlers will warm up on the track as the hurdles are being set up.
6. **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.
7. Every competitor who qualifies in a heat must compete in the final. Anyone withdrawing from a final shall be ineligible for any further competition.
8. Only competitors currently involved in an event or under the control of a marshal will be permitted into the competition area.

## 9. REPORTING

Track competitors must report before the stated reporting time to the Marshalling Tent situated on the bank by the Arthur Lydiard statue. *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.

All athletes in an event in a given block (see programme of events) are obliged to report ahead of and in time for the start time for the beginning of that block (see reporting times below) e.g.

*Example:*

10.50am	Block 3	Girls	3000m Run	Junior	Final
		Boys	3000m Run	Junior	Final

*The above example indicates that students in this block must report 30min before their block start time (e.g. block start time is 10.50am so must report by 10.20am).*

Reporting times:

- Track Events: 30 minutes before the block start time
- Field Events: 10 minutes before the block start time.

## 10. 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 Towers Track on Saturday 31<sup>st</sup> March 2007. All personal implements may be used by any competitor for the duration of that event.

## 11. PROTESTS

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

## 12. 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 Towers Track.

## 13. QUALIFYING.

For laned individual track events, there will be heats for events with registered entries of more than 8 athletes.

- 400m and under:
  - 4 heats: 1<sup>st</sup> in each heat plus the next 4 fastest.
  - 3 heats: 1<sup>st</sup> & 2<sup>nd</sup> in each heat plus the next 2 fastest.
  - 2 heats: 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> in each heat plus the next 2 fastest
- 800m:
  - Fields of up to 12 will be allowed, for 13+ entries heats will take place: (2 heats: 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> plus the next 2 fastest).
- 800m and above, these will be straight finals.
- In field events (except Pole Vault and High Jump), the top eight competitors after three rounds will receive three more attempts.

## 14. RELAYS

- 4x100m (if necessary) will be over two races with graded fields, positions decided on times.
- Open 4x400m will be a single race.

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

Only **1 team per association per grade** is permitted.

15. Athletes may enter a maximum of **four** events which shall include **no more than two** of the following events: 100m, 200m, 300m, 400m, 800m, 1500m, 3000m, Steeplechase, 3000m Walk, 300m Hurdles.

*Please note: the only exception to competing in no more than two track events is if an athlete enters the sprint hurdles – then they are allowed to enter 2 other track events (but still only four events; including field events, in total)*

16. No more than **three competitors from the same region** may compete in any event, excluding relays.

17. **AWD EVENTS**

Events offered are **100m, 200m, 400m discuss and shot put.**

**Athletes with a disability:** all events for athletes with a disability are classed as Open events. There are 4 different classifications:

**Athletes with a disability who use a wheelchair (AWDWC)**

Athletes must use the wheelchair for their long term propulsion and excludes people who are using a wheelchair because of a short term injury.

**Athletes with a disability who have a physical disability (ADPD)**

Athletes who have a physical disability such as Cerebral Palsy, Amputee or Spina Bifida etc who are disadvantaged compared to able bodied. This may include athletes who use crutches on a long term basis or who have a limited range of movement.

**Athletes with a disability who have a vision impairment (AWDVI)**

Athletes who are, or qualify to be a member of the Royal New Zealand foundation for the Blind.

**Athletes with a disability who have an intellectual disability (AWDID)**

Athletes who have been diagnosed with a specific intellectual disability and /or are functioning at a cognitive level that would result in an unfair competition with their peers are eligible for this classification.

*Please Note:*

- *Students with specific learning disabilities are not eligible for classification.*
- *Hearing Impaired athletes are not eligible for classification as physical abilities are comparable to that of their peers. However adequate provision should be made to ensure starting mechanisms are in place to allow for equal competition.*
- *Athletes with Behavioral Problems who do not have a functional limitation in relation to their able bodied peers and will be ineligible for classification.*
- *Some athletes may have multiple disabilities therefore teachers are to register students into the classification where the functional limitation is the greatest. For example a student may have an intellectual disability as well as having diplegic cerebral palsy, severely affecting their balance and coordination – this pupil will be placed in the AWDPD classification*
- *A student with ADHD who also has an intellectual disability may also be eligible to compete in the AWDID if they meet the AWDID criteria. .*