

**2024 North Island Secondary Schools Athletics Track and Field
Championship**
Massey University Community Athletics Track, Palmerston North
April Saturday 6 & Sunday 7



GENERAL INFORMATION

- **Managers Meeting followed by the NISS AGM**

This will be held at St Peter's College, Rennie Ave entrance at 7:00 pm

Friday 5th April.

- **Stadium Entry and Parking**

Everyone will be able to enter the stadium via walkway that links the Massey University Car Park off Albany Drive, to the Athletics Track. Athletes must use their **Competition singlet or Athlete Pass** available from Team Managers to obtain free entry. Managers can obtain Athletes passes at the Managers Meeting or from the Competitors Gate officials.

- **Gate charges**

Saturday and Sunday: Adults \$5, Secondary School students \$2.00 under 12 years old free - cash only

- **Parking**

The main carpark of the University is off Albany Drive. Both buses and cars can use this parking space. Directions from the Square PN, head down Fitzherbert Ave and cross the Fitzherbert Bridge. Stay in the left lane and continue straight up Summerhill Drive. Turn right into Turitea Drive, SHW 57 and continue on this road to the University entrance of Albany Drive. Continue along Albany Drive, past the Rugby Institute to the Car Park entrance on the right near the hockey turf. There is a 300m walkway along the fields of the Rugby Institute to the Athletics Track.

- **ENTRY INFORMATION**

Online entries open on **Monday 11 March** and athletes must be entered by **5.00 pm on Friday 29 March**. Online entries are to be made via www.nzssaa.org.nz. **Full instructions for the filling in of entries are on the website** and will not be repeated here. But the following points need to be reinforced.

Entries are done ONLY by each Regional Team Coordinator (not teachers in charge of athletics/sports coordinators or individual athletes).

The Entry link is available at <https://nzssaa.org.nz/Information/nitf2024>

Late entries will not be accepted.

- **Dates of Birth:**

Date of Birth must be provided for every entered athlete. Please check that each date of birth is correct, and that an athlete qualifies by age for the nominated grade. **Athletes nominated without a date of birth or who do not qualify for the nominated age group will not be accepted.**

- **Grades**

Please note and understand that, for this event, an athlete's age is as at 1 January 2024. An athlete actually born on the date below goes into the younger age group.

- Junior Under 14 on 1 January (ie. born 2010 or 2011)
- Intermediate Under 16 on 1 January (ie. born 2008 or 2009)
- Senior Under 19 on 1 January (ie. born 2005 or 2006 or 2007)
- Junior Para Athletes Under 16 on 1 January (ie. born 2008 to 2011)
- Senior Para Athletes Under 19 on 1 January (ie. born 2005 or 2006 or 2007)
- *ORS funded athletes Under 21 on 1 January (ie. born 2003 or 2004)

- **Entry Regulations:**

- **Athletes may enter a maximum of 4 individual events plus relays.**
- **Athletes may enter no more than 2 individual track events over 200m.** These events are: 300m, 400m, 800m, 1500m, 3000m, Steeplechase, 3000/2000m Walk, 300m Hurdles.
- **Junior athletes entering in the sprints can do any 2 of 100m, 200m or 300m.**
- No more than **3 competitors from the same region may compete in any event** (excluding relays) **unless dispensation is sought for an extra very well performed athlete who has met the standard.** This will only be granted where it does not increase the number of heats required.
- **Associations may enter only one relay team per grade.**

- **RULES**

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

- **INSTRUCTIONS FOR ATHLETES**

- **Uniform**

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

- **Competition Area**

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

- **Warming-up for Events**

Warming-up for track events must be carried out in the warm-up fields above the track. Please stay well clear of the Hammer area at all times. Warming-up on the main arena is not permitted except for final preparations under the control of the officials.

- **Starting**

- 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. All questions concerning the start will be at the absolute discretion of the Starter and Starts Referee. If in their opinion, the start is not a fair one, the start will be recalled.

- If a competitor false starts they will be disqualified but if an athlete or advocate for the athlete considers there **are genuine** grounds for a protest the athlete may be allowed by the Starts Referee to run under protest. The protest will then be considered by the Starts Referee and if necessary, can proceed to the Jury of Appeal (see below).

- **Reporting**

Track Events: All Competitors must report to their event location **15 minutes** before the scheduled time of the race for **Heats** and **10 minutes for Finals**. If an athlete has a clash with a field Event please notify the Track Marshal of this prior to going to the Field event.

Field Events: All Competitors must report to their event site 30 minutes before the scheduled start of their event so that they have time for final preparations and practice. They will be advised when they can commence supervised warm up.

On completion of the competition all athletes must leave the competition arena. Warm-downs must be done outside the competition arena.

- **Equipment**

Personal throwing implements may be used by competitors provided they are approved by the Technical Team. Senior and Intermediate Boys Hammer must bring implements to the Managers Meeting on Friday 7pm. Other throwing implements can also be brought to the Managers Meeting, or by 8.30am at the equipment room located at the track on Saturday 6 April and Sunday 7 April. All personal implements may be used by any competitor for the duration of that event. Implements can be collected from the Equipment Shed after competition. No athlete is to take their implement from the event site after competition concludes.

- **Qualifying:**

For laned track events there will be heats for events with entries of more than 8 athletes. 100m, 200m, all Hurdle events - **Please note that 300m/400m and 300m hurdles are seeded timed finals.**

- 4 Heats - First athlete in each heat plus the next 4 fastest.
- 3 Heats - First 2 athletes in each heat plus the next 2 fastest.
- 2 Heats - First 3 athletes in each heat plus the next 2 fastest
- 800m - Fields of up to 12 will be allowed but for 13+ entries heats will take place. Where 2 heats - First 3 athletes plus the next 2 fastest).
- Track events of 1500m and longer will be straight finals
- Field events - Except Pole Vault and High Jump, the top eight competitors after three rounds will receive three more attempts **unless this is reduced by the Competition Director because of time constraints.**

- **Athletes Qualifying for a Final**

If an athlete who qualifies for a track final does not compete in the final, the athlete is automatically disqualified from competing again in the championships (see **scratchings** below), including in relays.

- **Relays**

Depending on the number of associations entered the 4x100m may consist of two races with graded fields and with final placings decided on times across the two races. The 4x 400m events will be a single races.

Entry Confirmation Times:

- **4x100 relays must be confirmed by team managers by noon on Saturday,**

- **4x400 relays must be confirmed by team managers by 10.00 am on Sunday**

- **Protests**

Protests must be made in the first instance by the athlete or his/her manager to the relevant referee. If the protest is turned down an appeal to the jury of appeal can be lodged within 30 minutes of the official result of any event being posted on the results board (rule 146) along with a deposit of \$50 which may be forfeited if the appeal is unsuccessful.

- **Spikes**

Must not be more than 6mm in length except for Javelin and High Jump competitors who may use 9mm.

- **Scratchings/Replacements**

These should be submitted on the appropriate form signed by athletes or their managers at the **Managers Meeting** or to the **Technical Information Centre** as soon as possible, but at least **90 minutes** before the event start time. Athletes who have been scratched can be replaced by another member of that team. No athlete who has retired from competition due to ill health will be able to re-enter competition (relay teams included) unless the athlete supplies a medical certificate and clearance has been obtained from the Competition Director.

- **Para Athletes**

(Athletes with Physical, Visual and Intellectual Impairments)

Events offered are **100m, 200m, 400m, 800m, 1500m, 4x100m Relay (mixed classification/age/gender), discus, shot put, javelin, triple jump, high jump and long jump.**

Para Athlete Classification

Athletes with Physical, Visual and Intellectual Impairments competing at the 2024 North Island Secondary Schools Athletics Championships in Palmerston North **are required** to have a Provisional or National Classification. Classification ensures that athletes meet impairment eligibility and have an activity limitation.