

# 2025 North Island Secondary School Athletics Track & Field Championships

Porritt Stadium, Hamilton.

Saturday 5<sup>th</sup> & Sunday 6<sup>th</sup> April,

Hosted by WBOPSSAA



## GENERAL INFORMATION

### MANAGERS MEETING followed by the NISS AGM

This will be held in the Long Room, at St Pauls Collegiate School Gym, Hukanui Road at 7 00 pm Friday 4 April.

### Stadium Entry and Parking:

Everyone will be able to enter the stadium via the entrance at the western end of the main stand which is accessed from the vehicle and pedestrian entrance off Crosby Road. Athletes only can use the athlete's entrance at the eastern end of the stand. Athletes must use their **Competition singlet or Athlete Pass** available from Team Managers. Managers can obtain Athletes passes at the Managers Meeting or from the Competitors Gate officials.

### Gate charges are:

Saturday: Adults \$5.00, Secondary School students \$2.00 under 12 years old free

Sunday: Adults \$2.00, Secondary School students \$1.00, under 12 years old free

### Parking:

The carpark off Crosby Road is limited and will be partly reserved for officials and some buses. Most will have to find parking in the streets around the stadium. If the weather has been fine and the ground firm it is possible the back fields, **accessed off Tramway Road, may** be available. Information about this will be made available nearer the time.

## ENTRY INFORMATION

Online entries open on **Monday 10 March** and athletes must be entered by **5.00 pm on Sunday 30 March**.

Online entries are to be made via [www.nzssaa.org.nz](http://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 only (not teachers in charge of athletics/sports coordinators or individual athletes).** The Entry link is available at <https://nzssaa.org.nz/Information/nitf2025>  
**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 that an athlete's age is as at 31 December 2025.

- |                        |                         |                          |
|------------------------|-------------------------|--------------------------|
| • Junior               | Under 15 on 31 December | (ie. born 2011 or 2012)  |
| • Intermediate         | Under 17 on 31 December | (ie. born 2009 or 2010)  |
| • Senior               | Under 20 on 31 December | (ie. born 2006 to 2008)  |
| • Junior Para Athletes | Under 17 on 31 December | (ie. born 2009 to 2012)  |
| • Senior Para Athletes | Under 20 on 31 December | (ie. born 2006 to 2008)* |
| • *ORS funded athletes | Under 22 on 31 December | (ie. born 2004 or 2005)  |

### 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.**



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## 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 beyond the stadium to the east. 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.

They need to be handed in at the Managers Meeting on Friday [Hammers for Saturday morning] or by 8.30am at the equipment room located at the eastern end of the stand/common room on Saturday 5 April and Sunday 6 April. Hammers required for Saturday and Sunday early starts and Javelins required in the first round of both days should be in for checking the evening before.

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 200m/300m hurdles are seeded timed finals.**
- 4 heats: First athlete in each heat plus the next 4 fastest.



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- 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: (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 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, high jump, triple jump and long jump.**

## **Para Athlete Classification**

Athletes with Physical, Visual and Intellectual Impairments competing at the 2025 North Island Secondary Schools Athletics Championships in Hamilton **are required** to have a Provisional or National Classification. Classification ensures that athletes meet impairment eligibility and have an activity limitation. For further information on Classification please contact the Athletics New Zealand Classification Coordinator, Rebecca Foulsham, at [rebecca@athletics.org.nz](mailto:rebecca@athletics.org.nz) or 021 0223 7776 or John Tylden [oe@nzssaa.org.nz](mailto:oe@nzssaa.org.nz)

Chairman of WBOPSSAA  
and LOC of NISS 2025  
Steve Rees-Jones

