

# 2026 North Island Secondary School Athletics Track & Field Championships Massey Park, Papakura.

**Saturday 28<sup>th</sup> & Sunday 29<sup>th</sup> March**

Hosted by Counties Manukau Secondary Schools Athletics



## GENERAL INFORMATION

### MANAGERS MEETING followed by the NISS AGM

This will be held in Papakura Athletics Clubrooms, Massey Park, Ron Keat Drive, Papakura at 7 00 pm Friday 27 March.

### Venue for Shot Put, Discus and Hammer Throws:

These will be held at **Bruce Pulman Park** approximately 5 minutes' drive from Massey Park at the times in the programme. Hammer will be completed on the Saturday. The rest will run both days as per the programme.

### Venue For Pole Vault:

This is planned for Saturday morning at **Mt Smart Stadium** but may have to be transferred to Sunday morning if the Stadium is required for another event.

### Stadium Entry and Parking:

Everyone will be able to enter the stadium via the main entrance off Ron Keat Drive. Athletes can enter free of charge. Managers are to use their Managers' passes and Coaches will have complimentary entry if they have their Athletics NZ Coaches Card. There will be no gate charges at Bruce Pulman Park or Mt Smart.

### Gate charges are:

Saturday/Sunday: Adults (20 plus) \$5.00 per day

### Parking:

There is car and bus parking available on and beside Ron Keat Drive. There is plenty of parking available at Bruce Pulman Park and Mt Smart.

## ENTRY INFORMATION

Online entries open on **Monday 9 March** and athletes must be entered by **5.00 pm on Sunday 22 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).**

**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 2026.**

- |                              |                         |                          |
|------------------------------|-------------------------|--------------------------|
| • Junior                     | Under 15 on 31 December | (ie. born 2012 or 2013)  |
| • Intermediate               | Under 17 on 31 December | (ie. born 2010 or 2011)  |
| • Senior                     | Under 20 on 31 December | (ie. born 2007 to 2009)  |
| • Junior Para Athletes       | Under 15 on 31 December | (ie. born 2012 or 2013)  |
| • Intermediate Para Athletes | Under 17 on 31 December | (ie. born 2010 to 2011)  |
| • Senior Para Athletes       | Under 20 on 31 December | (ie. born 2007 to 2009)* |
| • *ORS funded athletes       | Under 22 on 31 December | (ie. born 2005 or 2006)  |

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## 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 and Jumps events can be done in the main arena in the parts of the track that are not being used for races or jumps. Generally, this will be both bends and the back straight.

### 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 Starters Assistants 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.

Hammers needed for Saturday morning must be handed in at the Managers Meeting on Friday or by 8.30am at the equipment container located at Bruce Pulman Park Throws Centre. Javelins required in the first round of both days should be in for checking the evening before ie Friday at the Managers Meeting, Saturday at Massey Park TIC.

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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.
- 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 13 will be allowed but for 14 entries or more timed finals will take place with the A Final run followed by the B Final.
- 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, 300/400m, 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 2026 North Island Secondary Schools Athletics Championships in Papakura **are required** to have a Provisional or National Classification.

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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)

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