

## Rules of Competition

1. The meeting will be run according to the rules of Athletics New Zealand.
2. Competition numbers must be worn on the chest (except for Pole Vault). Athletes may be disqualified if the number is not displayed during competition.
3. Competitors are warned against leaving valuables in the changing rooms. The NZSSAA or the Organising Committee will accept no responsibility for losses or damages to personal property.
4. Only competitors currently involved in any event will be permitted in the competition area.
5. The warm up area is located behind the Grandstand.
6. **MARSHALLING OF COMPETITORS** : All athletes in both track and field events must report to the marshalling tent 45 minutes before the scheduled starting time of the event. Warm up for the throwing events will take place in the arena 20 minutes prior to the competition with only 2 throws per competitor in competition order.

**FOR TRACK SEMI-FINALS AND FINALS, MARSHALLING WILL TAKE PLACE AT THE START OF EACH EVENT 10 MINUTES PRIOR TO THE STARTING TIME. ALL RELAYS (HEATS, SEMI-FINALS AND FINALS) WILL BE MARSHALLED FROM THE TENT.**

7. In all throwing events, especially Javelin, Hammer and Discus, competitors are warned to take due care. Implements must only be thrown from the sector and returned by HAND.
8. In the field events the use of flags is as follows. RED FLAG indicates a foul, WHITE FLAG indicates a fair attempt.
9. In all field events (except High Jump and Pole Vault) each competitor is allowed three attempts and the best eight, three more attempts. Competitors will be credited with the best of all his/her attempts.
10. The lifts for the Pole Vault & High Jumps are as follows.

### **Open Pole Vault**

Boys: Start 2.20m go up in 20cm rises until 3.20m then 10cm

Girls: Start 1.80m go up in 20cm rises until 3.00m then 10cm

### **High Jumps**

Senior Boys start at 1.65m with 5cm rises to 1.85m then 5cm

Junior Boys start at 1.55m with 5cm rises to 1.75m then 5cm

Senior Girls start at 1.45m with 5cm rises to 1.55m then 5cm

Junior Girls start at 1.35m with 5cm rises to 1.50m then 5cm

11. **THROWING IMPLEMENTS** – Personal implements may be used by competitors for throwing events provided they are approved by the Technical Officer first. The area for this is in the equipment room at the north end of the stand. Friday night Hammer events must be in by 4.00pm. The Technical Officers will be available on Friday night from 4.00pm to 7.00pm and again from 7.30am on Saturday and Sunday. **IT IS THE RESPONSIBILITY OF TEAM MANAGERS TO HAVE THESE IMPLEMENTS TO THE TECHNICAL OFFICERS IN PLENTY OF TIME BEFORE THE EVENT.**
12. Spikes: Track areas 6mm, High Jump & Javelin 9mm.
13. Blocks will be provided. Personal blocks will be accepted if passed by the Track Referee.
14. The use of blocks is compulsory for all track events up to and including 400m
15. Competitors in track events up to and including 400m must remain in their lanes as directed by the judges at the end of the event. Please return to the judges at the finish line.

16. Draws: Lanes and starting order will be drawn, and posted as soon as possible.
17. The 800m events shall be run in lanes as far as the end of the first bend. The starts will be staggered so that the distance from the start to the finish is the same for each competitor.
18. Any athlete, who qualifies in a heat or round, must compete in succeeding rounds and for the final, unless the consent of the referee has been obtained. Failure to do so renders the athlete liable to disqualification from other events during the meeting.
19. **Competitors who find they are in a field and track event at the same time must realise that the track event takes precedence.** They should report to the field event official and excuse themselves to compete in the track event, returning to the field event ASAP after the track event. Competitors cannot demand to take all their trials in succession or to take any trial of the rounds in which they have failed to appear. However, the field official may allow competitors to take their trials in any order different from that decided upon prior to the start of the competition. This will not be possible if a round of the competition has been completed, or if the competition has been completed.
20. **SCRATCHINGS:** Any athlete wishing to withdraw from an event must do so by the time for final scratchings (ie by 5.00pm on the 28<sup>th</sup> November) or is otherwise liable to exclusion from the meeting
21. **PROTESTS:** Protests must be lodged with the referee as laid down in competition rule (IAAF rule146 and ANZ Supplementary rule S146)
22. Competitors take part in the event at their own risk and the committee will not be responsible for loss of valuable nor claims from competitors, spectators or members of the public as a result of any accident arising before, during and after the event.
23. The Organising Committee will make every effort to carry through the programme in the order and at times stated, but reserve the right, should the necessity arise

### Technical Information

#### Hurdle Heights and Distances

	Height	No.	To 1 <sup>st</sup>	Between	To Finish
Boys Sen 100m	91.4cm	10	13.72m	9.14m	14.02m
Boys Jun 100m	84.0cm	10	13.00m	8.50m	10.50m
Boys 300m	84.0cm	7	50.00m	35.00m	40.00m
Girls Sen 100m	76.2cm	10	13.00m	8.50m	10.50m
Girls Jun 100m	76.2cm	8	12.00m	8.00m	12.00m
Girls 300m	76.2cm	7	50.00m	35.00m	40.00m

#### High Jump

	Standard	Start	Progress
Boys Sen	1.70m	1.65m	5cm to 1.85m
Boys Jun	1.60m	1.55m	5cm to 1.75m
Girls Sen	1.45m	1.40m	5cm to 1.55m
Girls Jun 1.40m	1.35m	5cm to 1.50m	

#### Pole Vault

#### Steeplechase (Open)

	Start	Progress	Distance	Height
Boys	2.60m	15cm to 3.20m	2000m	91.4cm
Girls	1.80m	15cm to 2.75m	1500m	76.2cm

### **Implements**

	Javelin	Discus	Shot	Hammer (Open)
Boys Sen	700g	1.50kg	5.00kg	5.00kg
Boys Jun	700g	1.25kg	5.00kg	
Girls Sen	600g	1.00kg	4.00kg	4.00kg
Girls Jun	600g	1.00kg	3.25kg	

## Progressions

(In some cases these are different from IAAF progressions)

<b>Heats/Max. Athletes</b>	<b>Automatic plus</b>	<b>Placed Time</b>
<b>Round One</b>		
11 (88)	First 3	next fastest 7 losers = 40
10 (80)	First 3	next fastest 10 losers = 40
9 (72)	First 3	next fastest 5 losers = 32
8 (64)	First 3	next fastest 8 losers = 32
7 (56)	First 3	next fastest 3 losers = 24
6 (48)	First 3	next fastest 6 losers = 24
5 (40)	First 3	next fastest 9 losers = 24
4 (32)	First 3	next fastest 4 losers = 16
<b>Round Two/Three</b>		
5 (40)	First 3	next fastest 9 losers = 24
4 (32)	First 3	next fastest 4 losers = 16
3 (24)	First 2	next fastest 2 losers = 8
2 (16)	First 3	next fastest 2 losers = 8
<b>800m</b>		
6	First 2	next fastest 6 losers = 18
4	First 3	next fastest 4 losers = 16
3	First 2	next fastest 2 losers = 8
2	First 3	next fastest 2 losers = 8
<b>1500m/3000m/1500m STP/2000m STP</b>		
3	First 4	next fastest 4 losers = 16
2	First 5	next fastest 4 losers = 16
<b>Relays 4x100m</b>		
4	1	next fastest 4 losers = 8
3	First 2	next fastest 2 losers = 8
2	First 3	next fastest 2 losers = 8