



32nd New Balance New Zealand Secondary Schools Track and Field and 30th Road Race Championships Hamilton, 4th & 5th December 2004

15 September 2004

To all New Zealand Secondary Schools affiliated to NZSSAA

NEWSLETTER NUMBER TWO

Welcome to the 32nd Track and Field and 30th Road Race Championships which is part of the 2004 College Games which has already attracted 24 sports.

Venue: Porritt Stadium, Hamilton

Date: 4th-5th December 2004

This posting includes information on the following

- Draft Programme
- Rules of Competition
- NZSSAA Standards
- Entry Information and Instructions
- Athletic media profile sheet

Entries

Entries and entry fees made online at www.nzssaa.org.nz

Refer to Entry instructions pages enclosed.

Scratchings

There are no restrictions to the number of events you may enter. However it is considered that more than 3 individual events is unwise. It is important to remember that in some events there are up to 4 rounds. Managers must ensure a sensible programme for their athletes. Athletes cannot withdraw from events after Wednesday 1 December.

Extra events: **Competitors must be scratched from any events they do not intend to take part in, before midnight Wednesday 1 December.** This can be done online up to midnight. After that the only scratchings that are permitted are complete scratchings from the whole Championships.



Programme amendments to Order of Events

Please note that the original order of events is a guideline only.

There may well be further slight adjustments to the programme when the programme is timed after entry numbers are known. We apologise if this inconveniences any team.

The Hammer

Due to safety concerns and the introduction of age groups into the hammer event there will now be 4 competitions. Once entries are received we may have to make further small time changes to the programme.

Please note confirmation of the Hammer weights:

Senior Boys 5kg

Junior Boys 4kg

Senior Girls 4kg

Junior Girls 3kg

Road Race

As with 2003 there will be **separate Year 9 races**. The road race will be run in the same way as the Cross Country. Medals for the first 3 individuals, 3 person and 6 person teams events.

Year 9 Girls 3000 8.00am

Year 9 Boys 3000 8.20am

Junior Girls 4000 8.40am

Junior Boys 4000 9.05am

Senior Girls 4000 9.30am

Senior Boys 6000 9.55am

This event will be held off road on the Ruakura site of AgResearch some 2km down Tramway Rd south from Porritt Park.



Rules of Competition

1. The meeting will be conducted 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 the competition.
3. Only competitors currently involved in any event will be permitted in the competition area.
4. The warm up area is on the soccer field.
5. **Marshalling Of Competitors.** All athletes in both track and field events must report to the marshalling tent **30 minutes** before the scheduled starting time for the event. The marshalling tent will act as a call room and declarations to start in each event close 30 minutes prior to each event. Track fields and field event groups will be sent from marshalling tent with confirmed sheets to their respective venues to continue with warm ups. Practise throws and jumps for the field events will take place at the field venue 20 minutes prior to the competition, with only 2 practises per competitor in competition order.
For all track quarter finals, semi finals and finals, athletes must report to the marshalling tent 30 minutes prior to the starting time. Once checked each heat/final will be escorted to the start line 10 minutes prior.
6. **Safety at throwing events.** In all throwing events, especially Javelin, Hammer and Discus, competitors are asked to take due care. Implements must only be thrown from the sector and returned by hand.
7. **Flags**
In the field events, the use of flags is as follows: RED FLAG indicates a foul and WHITE FLAG indicates a fair attempt. In track events a YELLOW FLAG indicates an infringement has occurred.
8. **Field event attempts.** 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.
9. **The increments for the Open Pole vault and High Jump are:**
Open Pole Vault
Boys: Start at 2.20m goes up in 20cm rises until 3.20m thereafter 10cm rises.
Girls: Start at 1.80m goes up in 20cm rises until 3.00m thereafter 10cm rises.
High Jump
Senior Boys: Start at 1.65m with 5cm rises to 1.85m thereafter 3cm rises
Junior Boys: Start at 1.55m with 5cm rises to 1.75m thereafter 3cm rises
Senior Girls: Start at 1.45m with 5cm rises to 1.55m thereafter 3cm rises
Junior Girls: Start at 1.35m with 5cm rises to 1.50m thereafter 3cm rises
10. **Throwing Implements**
Personal implements may be used by competitors for throwing events provided they are approved by the Technical Officer and made available to all competitors.
The equipment room is on the east end of the common room.
It is the responsibility of the team manager to have these implements to the Technical Officer at the times below.

Implement Check Times. Athlete's implements must come in for calibration:

For Saturday competition before 8am Saturday

For Sunday competition before the close of Saturday session

11. **Starting Blocks**
The use of starting blocks is compulsory for all track events up to and including 400m. Athletes can use their own starting blocks **providing they are checked by the Equipment Officer** at the above times.
Disabled Athletes are exempt from this ruling if their disability prevents the use of blocks.
12. **Poles for the Pole Vault**
Competitors need to supply their own poles and will need to have them checked by the equipment officer just prior to the event.
13. **Spikes**
Only pyramid and or christmas tree spikes may be worn. Smiths Sports Shoes Hamilton will be present with supplies of spikes. On track areas including Long Jump and Triple Jump spikes must not be longer than 6mm.
High Jump and Javelin areas may be up to 9mm long.
14. **Lanes.** Competitors in track events up to and including 400m must remain in their lanes and return to the finish line in their lanes at the end of the event.
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 distances from start to finish are the same for each competitor.
15. **Draws:** lanes and starting order will drawn and posted behind the grandstand as soon as possible.
16. **Completion of Events.** Any athlete that qualifies in the 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.
17. **Events at the same time.** For competitors who find they are in a field and a track event at the same time the **track event must take precedence**. They should report to the field event official and excuse them selves to complete the track event, returning to the field event ASAP after the track event. Competitors cannot demand to take their attempts in succession or to take any trial of the round in which they failed to appear.
18. **Scratchings.** Any athlete wishing to withdraw from an event must do so by the time for final scratchings which is **midnight 12.00 Wednesday 1 December** or is otherwise liable for exclusion from the meeting. Any scratchings after Wednesday 1 December are for the complete scratching of an individual from the meeting.
19. **Protests.** These must be lodged with the referee as laid down in the competition rule (IAAF rule 146).
20. Competitors take part in the event at their own risk. The NZSSAA and the Waikato Organising Committee will accept no responsibility for losses or damages to personal property, nor claims from competitors, spectators or members of the public as a result of an accident arising before, during or after the event.
21. **Athletes with Disabilities.** Wheel chair athletes and "stand-up" athletes will compete in separate sections in the track events but will compete together in the field events. All disability events are classed as Open events.

NZSSAA Standards 2004

Events		Senior Boys	Junior Boys	Senior Girls	Junior Girls
100m		11.4secs	11.9secs	13.0secs	13.2secs
200m		23.4secs	24.3secs	26.8secs	27.0secs
400m		53.0secs	55.5secs	62.0secs	63.0secs
800m		2m 03secs	2m 08secs	2m 28secs	2m 30secs
1500m		4m 14secs	4m 30secs	5m 10secs	5m 30secs
3000m		9m 18secs	9m 40secs	11m 00secs	11m 30secs
Hurdles	110m	15.5secs			
	100m	15.8secs	16.5secs	17.5secs	
	80m		14.5secs		15.0secs
High Jump		1.70m	1.60m	1.45m	1.40m
Long Jump		5.90m	5.60m	4.90m	4.75m
Triple Jump		12.30m	11.50m	9.80m	9.50m
Shot Put		12.20m	11.80m	9.40m	9.85m
Discus		36.00m	35.00m	28.00m	26.00m
Javelin		43.00m	38.00m	26.00m	24.00m
Open Events					
2000m steeplechase				8m 20secs	
2000m steeplechase		6m 45secs			
300m hurdles		46.2secs		49.2secs	
2000m walk				Open	
3000m walk		18m 25secs			
Hammer		28.00m		22.00m	
Pole Vault		Open		Open	

Technical Information

Hurdle Heights and Distances

	Height	No.	To 1st	Between	To Finish
Boys Senior 100m	91.4cm	10	13.72m	9.14m	14.02m
Boys Junior 100m	84.0cm	10	13.00m	8.50m	10.50m
Boys 300m	84.0cm	7	50.00m	35.00m	40.00m
Girls Senior 100m	76.2cm	10	13.00m	8.50m	10.50m
Girls Junior 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 Senior	1.70m	1.65m	5cm to 1.85m
Boys Junior	1.60m	1.55m	5cm to 1.75m

Girls Senior	1.45m	1.40m	5cm to 1.55m
Girls Junior	1.40m	1.35m	5cm to 1.50m

Pole Vault

	Start	Progress
Boys	2.60m	15cm to 3.20m
Girls	1.80m	15cm to 2.75m

Steeplechase (Open)

	Distance	Height
Boys	2000m	91.4cm
Girls	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	4.00kg
Girls Sen	600g	1.00kg	4.00kg	4.00kg
Girls Jun	600g	1.00kg	3.25kg	3.00kg

Entries

Entries are being accepted for this event on the Association's Website www.nzssaa.org.nz. The procedures are explained in this document, which will be uploaded to the home page of the website, and are the same as for this year's Cross Country Championships. All school Principals have been sent usernames and passwords, which will give you access to your school's entry form. Payment can be made online by credit card, Internet banking, or by posting a cheque *with* a copy of the invoice. All the information you require is provided on the invoice, which should be printed from your computer when you invoice the entries. For enquiries about the Online Entries process email oe@nzssaa.org.nz

Entries entered into the system will not show on the events pages of the public website until payment has been confirmed.

- Prompt Entries will close on **Thursday 25 November**.
- Late entries will only be accepted up until **Monday 29 November**.
- After that date no new entries will be accepted.

The late entry fee is \$10 per athlete up to a maximum of \$50.00 per school and will be applied to all entries submitted between these dates.

If you have to submit your entries within a day or two prior to either of these dates you are strongly advised to arrange beforehand to make payments either by Credit Card or by Internet Banking the same day. The period for entries has been significantly extended. Late payments for prompt entries may be re-invoiced with the late fee included unless prior arrangements have been notified to us. The PO Box will not be cleared after Monday Morning 29 November.

Individual Entries

There is no formalized restriction to the number of individual events an athlete can enter. Coaches and team managers are cautioned to consult the programme to avoid events that may clash. Please do not allow athletes to over commit themselves, particularly in the middle distance events.

In order to allow for entries to be made as early as possible and to provide athletes the opportunity to delay decisions as to their final combination of events or distances, the website will accept entries in up to **five** individual events. After your entries have been submitted, invoiced and your account "locked" for payment purposes the person responsible for entries in each school is able to scratch athletes from excess events. They cannot however add or change events of existing athletes or be able to add new athletes. This facility will remain active online until **Wednesday 1 December**. *After that date athletes cannot be scratched from individual events. They can only be scratched from all events.*

Restrictions to the Number of Competitors per School

Each School has the right to enter one competitor per event, or team per relay. No seeding time or entry mark is required in this case. It is in the best interests of potential finalists to provide a verifiable best performance if they wish to avoid meeting other potential finalists in the early rounds of events. This rule does not apply to the Road Races where there is no such restriction.

If a school wishes to enter more than one competitor in an event, all competitors from that school must have achieved the NZSSAA Entry Standard for that event. A verifiable best performance for the event must be provided for each competitor at the time of entry. We draw to your attention, IAAF rule 142.4 and particularly *Note 2. Failure to participate includes failure to compete honestly with bona fide effort.*

Scratchings

As specified above scratchings from individual events can be made online until midnight 1 December. After that time only scratchings from all events will be accepted and these can be notified in writing at the Managers Meeting.

Entry Fees

- \$10 For one or two individual events including a road race
- \$15 For three or more individual events including a road race
- \$10 For athletes only participating in a relay.

These entry fees include a \$3 NZSSAA travel levy.

Late entry fee \$10 per athlete up to a maximum of \$50 per school in addition to the fees above.

Media Form NZSSAA Track & Field 2004

Name: _____

School: _____

Age: _____

Events: _____

Athletic CV (previous NZSS or ANZ championship titles or placings)

Interesting Family or School ties: (Other family members who have represented NZ or won National titles) _____

Please post to: Don Willoughby
2 Byron St
Cambridge
Fax: 07 827 8017
Email: mudlarkdon@ihug.co.nz

NZSSAA Track And Field Guideline Programme

Track Events

Saturday am

8.30am – 12 noon	300H	OB
	300H	OG
	1500	JB
	1500	JG
	800	SG
	800	SB
	400	JG
	400	JB
	200	JG
	200	JB

Events for Athletes with Disabilities.

The following events will be offered:
 100m, 200, 400m at senior event times.
 Shotput, Discus at a time to be determined.
 Both Javelin and Long Jump may be offered if
 interest is shown. Please contact Don
 Willoughby.

Saturday pm

12noon – 7pm	2000ST	OB
	2000ST	OG
	200	SG
	200	SB
	3000	JB
	110H	SB
	100H	JB
	100H	SG
	80H	JG
	400	SG
	400	SB
	100	JG
	100	JB
	100	SG
	100	SB
	300H	OB
	300H	OG
	1500	SB
	1500	SG
	800	JG
	800	JB
	100	JG
	100	JB
	100	SG
	100	SB
	800	SG
	800	SB

Saturday pm

7pm – 8.15pm	3000	SB
(These events may	3000	JG
be brought forward		
or not required	4X100	JG
depending on	4X100	JB
numbers competing)	4X100	SB
	4X100	SG

**Sunday am
8.45am-12noon**

110H	SB
100H	JB
100H	SG
80H	JG
800	JG
800	JB
3000	SG
100	SB
400	SG
400	SB
400	JG
400	JB
200	JG
200	JB
3000	SB
200	SG
200	SB
3000	JG
110H	SB
100H	JB
100H	SG
80H	JG

**Sunday pm
12noon – 5pm**

3000	JB
800	SG
800	SB
800	JG
800	JB
100	SG
100	SB
100	JG
100	JB
2000W	OG
300H	OG
300H	OB
1500	SG
1500	SB
200	SG
200	SB
200	JG
200	JB
400	JG
400	JB
3000W	OB
400	SG
400	SB
2000ST	OG
2000ST	OB
1500	JG
1500	JB
4X100	JG
4X100	JB
4X100	SG
4X100	SB
Closing Ceremony	
4X400	JG
4X400	JB
4X400	SG
4X400	SB

Field Events

Draft amendments to the field events programme now appear on the home page of the website in a dedicated document with that name.

Road Race

Time	Distance	Age Group
8.00am	3000m	Year 9 Girls
8.20am	3000m	Year 9 Boys
8.40am	4000m	Junior Girls
9.05am	4000m	Junior Boys
8.30am	4000m	Senior Girls
9.55am	6000m	Senior Boys