



New Balance 33rd New Zealand Secondary Schools Track & Field and 31st New Zealand Secondary Schools Road Race Championships 2005

9 September 2005

To all New Zealand Secondary Schools affiliated to NZSSAA

Newsletter Two

Welcome to the 33rd Track and Field and 31st Road Race Championships.

Venue: Ericsson Stadium, Auckland

Date: 10th-11th December 2005

This posting includes information on the following

- Draft Programme
- Rules of Competition
- NZSSAA Standards
- Entry Information and Instructions
- Athletic media profile sheet
- A merchandise order form will also be posted on the website shortly

Entries

Entries and entry fees made on line to 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 7 December unless they scratch from the entire meeting.

Extra events: Competitors must be scratched from any events they do not intend to take part in, before midnight Wednesday 7 December. This can be done on line on the website up to midnight. After that the only scratchings that are permitted are complete scratchings from the whole Championships.

Affiliation

Schools must be affiliated to NZSSAA to take part in these championships. If you are not already affiliated then the fee will be automatically collected with your entries for these championships. Please direct any enquiries to oe@nzssaa.org.nz

Rules of Competition

The meeting will be conducted according to the rules of Athletics New Zealand and IAAF.

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. Only competitors currently involved in any event will be permitted in the competition area.

The warm up area will be advised closer to the date of competition.

Marshalling of Competitors

All athletes in both Track and Field events must report to the marshalling tent no later than 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. Practice throws and jumps for the field events will take place at the field venue 20 minutes prior to the competition, with only 2 practices 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.

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. At all throwing events no athlete will be able to throw an Implement under no circumstances if no official is there. No practice unless under supervision of the officials for that event. Athletes should have two throws of practice prior to the event starting if time permits. AS per IAAF rules

Flags

In the field events, the use of flags is as follows: RED FLAG indicates a foul – WHITE FLAG indicates a fair attempt. In track events a YELLOW FLAG indicates an infringement has occurred.

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.

Pole Vault and High Jump Increments

Open Pole Vault

Boys: Start at 2.20m goes up in 20cm rises until 3.20 thereafter 10cm rises

Girls: Start at 1.80m goes up in 20cm rises until 3.00 thereafter 10cm rises

High Jump

Senior Boys start at 1.65m with 5cm rises to 1.85 thereafter 3cm rises

Junior Boys start at 1.55m with 5cm rises to 1.75 thereafter 3cm rises

Senior Girls start at 1.45m with 5cm rises to 1.55 thereafter 3cm rises

Junior Girls start at 1.35cm with 5cm rises to 1.50 thereafter 3cm rises

Throwing Implements

Personal implements may be used by competitors for throwing events provided they are approved by the Technical Officer in the equipment room 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:

- On Friday Night at the stadium from 12.00pm-5.00pm
- Implements for Sunday Events must be in by 3.00pm on Saturday

Starting Blocks

The use of starting blocks is compulsory for all track events up to and including 400m. Athletes must use the starting blocks provided. Disabled Athletes are exempt from this ruling if their disability prevents the use of blocks. Only the starting blocks provided may be used. The use of starting blocks will be compulsory for all track events up to and including 400m.

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.

Spikes

In track events and including Long Jump and Triple Jump spikes must not be longer than 6mm. High Jump and Javelin areas spikes may be up to 9mm long. (Smiths Sports Shoes Hamilton will operate a marquee at the ground to provide spikes etc).

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

Draws

Lanes and starting order will be drawn and posted on the result and draws board as soon as possible.

Completion of Events

Any athlete that qualifies in the heat or round **MUST** complete 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.

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. Having checked in at the track event athletes should return to the field event and continue competing but being aware of the need to report back to the track event as their heat/round goes to their marks. Managers are asked to assist athletes and keep them informed when they should leave the field area to compete in the track event. 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.

Scratchings

Any athlete wishing to withdraw from an event **MUST** do so by the time for the final scratching which is Midnight Wednesday 7 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.

Protests

These must be lodged with the referee as laid down in the competition rule (IAAF rule 146).

Competitors

Competitors take part in the event at their own risk. The NZSSAA and the Auckland 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.

Athletes with a disability

All events for athletes with a disability are classed as Open events. There are four different classifications.

Athletes with a disability who use a wheelchair – AWDWC

Athlete must use the wheelchair for their long term propulsion and excludes people who are using a wheelchair because of a short term injury.

Athletes with a disability who have a physical disability – AWDPD

Athletes who have a physical disability such as Cerebral Palsy, Amputee or Spina Bifida etc who are disadvantaged compared to able bodied. This may include athletes who use crutches on a long term bases or who have a limited range of movement.

Athletes with a disability who have a vision impairment – AWDVI

Athletes who are, or qualify to be, a member of the Royal New Zealand Foundation for the Blind.

Athletes with a disability who have an intellectual disability – AWDID

Athletes who have been diagnosed with a specific Intellectual Disability and/or are functioning at a cognitive level that would result in an unfair competition with their peers are eligible for this classification.

The following events will be included:

100m, 200m, 400m, Shot Put, Discus with Javelin and Long Jump optional and only held if there are more than three entries.

The implements weights are as follows:

	AWDWC		AWDPD		AWDID		AWDVI	
	Male	Female	Male	Female	Male	Female	Male	Female
Shot	4kg	3kg	4kg	3kg	4kg	3kg	4kg	3kg
Discus	1kg	1kg	1kg	1kg	1kg	1kg	1kg	1kg
Javelin	600g	600g	600g	600g	600g	600g	600g	600g

NZSSAA Standards 2005

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	2m03secs	2m08secs	2m28secs	2m30secs
1500m	4m14secs	4m30secs	5m10secs	5m30secs
3000m	9m18secs	9m40secs	11m00secs	11m30secs
Hurdles	17.5secs - 110m	16.5secs - 100m	17.5secs - 100m	15.0secs - 80m
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
Hammer				

Open Events				
2000m Steeplechase	6m25secs		8m30secs	
300m Hurdles	46.2secs		49.2secs	
2000m Walk			Open	
3000m Walk	17m25secs			
Pole Vault	Open		Open	

Technical Information

Hurdle Heights and Distances

	Height	No	To 1st	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	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. The dropdown fields for Events in the Entries page have been expanded to include all the Track and Field Events. All school Principals have been sent login codes and passwords. Yours will give you access to your school's entry form. Payment can be made online by credit card, by 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 submit the entries. For enquiries about the Online Entries process email oe@nzssaa.org.nz

Entries submitted will not be loaded to the events pages on the website until payment has been confirmed.

Entries open online on **25th October**.

Prompt Entries will close on **Friday 25th November**.

Late entries will only be accepted up until **Friday 2nd December**.

After that date no new entries will be accepted.

The late entry fee \$100.00 per school and \$10 per athlete 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 P O Box will not be cleared after Wednesday Morning 7 December.

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, which might 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 your final combination of events or distances, the website will accept entries in up to **FIVE INDIVIDUAL EVENTS**. The person responsible for entries in each school will be able to scratch athletes from excess events after the entries have been submitted and your account "locked" for payment purposes. You will not be able to add or change events. You will not be able to add new athletes. This facility will remain active in Online Entries until Wednesday 7th December. **After that date athletes cannot be scratched from individual events. They can only be scratched from all events.**

Relay Entries

Entries for the track relays will be accepted in Online Entries from schools but we do not require confirmation of team membership or running order until Friday 9 December at the Managers Meeting. The forms for confirmation of relay teams will be provided in Team Managers Packs. As we do not require nomination of relay team members until the Managers Meeting, you will only need to use the Relay event in the dropdown menu for an athlete who has no other individual events. We need their information in order that they are placed in the correct grade and assigned a competitor number. It is NZSSAA preference to have at most 2 divisions of the 4 x400m relays. Therefore we ask schools to pay attention when entering these teams and ask them not enter teams in this event that are not up to standard.

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 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.

A school may enter up to **three** competitors in an event. All competitors from that school must have achieved the NZSSAA Entry Standard for that event. The Entry Standards are available on the website. 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 in Online Entries until midnight 7 December. After that 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.

\$100 Late entry fee per school plus \$10 per athlete in addition to those above.

How the Online Entry Forms Work

When you use your access code and password you are able to login to the entry forms for your school. This area has four parts.

A **Team Details Form** where you must provide the Names of the Teacher in Charge at the school, the Team Managers Name for the competition and contact details including an email address and a phone number. These are indicated as required fields and the website will not save any entry information until they are filled. It would be helpful, if you were providing a cell-phone number, that it was the one the Team Manager would be carrying at the Championships.

The Entry Form allows for up to five competitors details to be entered at a time. These must be saved and if there are more to enter you just go back into the Entry Form again and repeat the process. We strongly recommend that, on your first visit to Online Entries, you complete just one athlete's entry and save it, to follow the process outlined below.

The **Entry Form** is made up of two fields where the competitors Family Name and Given Name must be typed and click boxes for their gender. All of the other information such as age, events, t-shirt size (if you wish to order one) and Year 9/Junior for the Road Race, is selected from dropdown menus. You may have to use the Horizontal scroll bar to get across to them all. There are "Save" boxes to click when you wish to save the information you have entered to that point.

The **Entries Browser**. When you save your entries you are transferred to the Entries Browser. If there are omissions or errors in the information you have put in, you will be presented with the information for each incomplete competitor. You must scroll through all your entries for the current session to check for the Red Markers, which indicate that the information in that field is incomplete. In the Entries Browser you can Edit or Delete information about your competitors. You can log off at this stage and provided you have successfully completed one entry cycle without errors or corrected any errors and saved the corrections, all the information is saved to our database. By using the Print command on the web page a printout with all the competitors events and details and check boxes for your own record keeping is downloaded. This is different to the format you are viewing at the time and should be more useful than Print Page or Print screen from the web-browser. All the data saved can be accessed and added to or modified at any subsequent visit until you finally decide that all the information is correct and you wish to Submit Entries.

Proceed To Payment. When you click Proceed To Payment you are transferred to the Payment Options screen. Here you must nominate your method of Payment.

If you pay by Credit Card your entries are loaded immediately to the website and a receipt is generated. At this point your entries are "locked" for payment purposes. We do not offer refunds.

The other options are to pay by making an Internet deposit directly to our Bank Account using your own Online Banking Provider or to Post a cheque to **NZSSAA Entries P O Box 33-034 CHRISTCHURCH**. In both these cases an invoice is generated for your school, which you should print. Your account is locked for payment purposes at this point. You are unable to add new athletes or events. You will be able to make scratchings until 7 December. Your invoice has our Bank Account number and the other instructions you will need. You can go back at a later stage and view or print your invoice and your receipt, which we generate when we have confirmed payment. Your entry details are uploaded automatically to the website when we generate your receipt.

If, having generated an invoice, you then decide to pay by Credit Card you can log back in and you will find the Credit Card payment option is still available next to the invoice panel in your Payment page.

Media Form NZSSAA Track & Field 2005

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 College Sport
P.O Box 44-258
Pt Chevalier
Auckland

Fax 09 845 8496
Email collette@collegesport.co.nz

NZSSAA Track And Field Guideline Programme

<p>Saturday am 8.30am – 12 noon</p>	<p>300H OB 300H OG 1500 JB 1500 JG 800 SG 800 SB 400 JG 400 JB 200 JG 200 JB</p>	<p>Sunday am 8.45am-12noon</p>	<p>110H SB 100H JB 100H SG 80H JG 800 JG 800 JB 3000 SG 100 JG 100 JB 100 SG 100 SB 400 SG 400 SB 400 JG 400 JB 400 JG 200 JB 3000 SB 200 SG 200 SB 3000 JG 110H SB 100H JB 100H SG 80H JG</p>	<p>Saturday pm 12noon – 7pm</p>	<p>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</p>	<p>Sunday pm 12noon – 5pm</p>	<p>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 2000STOG 2000STOB 1500 JG 1500 JB 4X100 JG 4X100 JB 4X100 SG 4X100 SB</p>	<p>Saturday pm 7pm – 8.15pm (These events may be brought forward or not required depending on numbers competing)</p>	<p>3000 SB 3000 JG 4X100 JG 4X100 JB 4X100 SB 4X100 SG</p>	<p>Closing Ceremony 4X400 JG 4X400 JB 4X400 SG 4X400 SB</p>
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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 but
probably in line with senior events.
Both Javelin and Long Jump may be offered if interest
is shown.

Saturday Field

9.00am	11.30am	1.30pm	2.30pm
Discus SB	Shot Put JB	Pole Vault OG	High Jump SB
Javelin JG	Discus JG	Hammer JG	Javelin JB
High Jump SG	Triple Jump SB		Shot Put SB
Long Jump JB	Hammer SG		Long Jump JG
			Discus SG

3.30pm
Pole Vault OB
Triple Jump SG

Sunday Field

9.00am	11.30am	1.30pm	2.30pm
Javelin SB	Shot Put JG	Hammer SB	Triple Jump JG
Shot Put SG	Long Jump SG		Javelin SG
High Jump JG	Hammer JB		Long Jump SB
Triple Jump JB			Discus JB
			High Jump JB

Road Race

7.30am	3000m	Year 9 Girls
7.50am	3000m	Year 9 Boys
8.10am	4000m	Junior Girls
8.35am	4000m	Junior Boys
8.55am	4000m	Senior Girls
9.20am	6000m	Senior Boys