



New Balance 34th New Zealand Secondary Schools Track & Field and 32nd New Zealand Secondary Schools Road Race Championships 2006

Christchurch

24 October 2006

To all New Zealand Secondary Schools

NEWSLETTER NUMBER TWO

Welcome to the 34th Track and Field and 32nd Road Race Championships.

Venue: QE II Stadium Christchurch

Date : 9th-10th December 2006

This posting includes information on the following

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

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.

Competitors must be scratched from any events they do not intend to take part in, before midnight Wednesday 6 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.

This year the Affiliation Fee is being collected with the entries. Schools which did not have competitors at the Cross Country Championships in Tauranga will have the Affiliation Fee added to their Entries Invoice.

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 is the grass track indicated on the Stadium Map outside the Stadium. Access is through the tunnel at the East end of the Stadium

MARSHALLING OF COMPETITORS.

All athletes in both Track and Field events must report to the Call Room tent no later than 30 minutes before the scheduled starting time for the event. Track fields and field event groups will be escorted from the Call Room 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 circle or runway and returned by HAND. There will be no practice throws under any circumstances other than under supervision of the officials for that event. At all throwing events no athlete will be able to throw an Implement if no official is there. 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.

THE INCREMENTS FOR THE OPEN POLE VAULT AND HIGH JUMP ARE:

Open Pole Vault

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

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

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 1.55m thereafter 3 cm rises

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

THROWING IMPLEMENTS.

Personal implements may be used by competitors for throwing events provided they are checked and approved by the Technical Officer prior to competition. Personal implements then become part of the pool available to all competitors in that competition.

It is the responsibility of the team manager to have these implements to the Technical Officer, Allan Tucker, at the times below.

Implements required for Saturday Field Events:

- On Friday Night at the Managers Meeting at the Christchurch College of Education, Dovedale Ave.

Implements required for Sunday Field Events :

- Before Midday on Saturday at the Technical Store Room at the East end of the Stadium.

STARTING BLOCKS

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

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.

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 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.

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 in sufficient time for their heat/round. Track events will not be delayed. 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 a round for which they were absent.

SCRATCHINGS

Any athlete wishing to withdraw from an event MUST do so by the time for the final scratching which is Midnight Wednesday 6 December or is otherwise liable for exclusion from the meeting. Any scratchings after Wednesday 6 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

Take part in the event at their own risk. The NZSSAA and the Christchurch Local Organising Committee will accept no responsibility for losses or damages to personal property, or 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 a member of, 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:

100, 200, 400, Shot Put, Discus, Javelin, Long Jump and Road Race. These events will only proceed if there are more than three entries.

Schools contemplating entering AWD Athletes should check the list of AWD Standards below.

NZSSAA ATHLETICS CHAMPIONSHIPS - Recommended Standards for Athletics with a Disability **The Implements weights for throwing events in Red**

Events	PD	ID	WC	VI
100m Boys	16.60sec	16.60sec	40.00sec	20.00sec
100m Girls	22.30sec	22.30sec	50.00sec	25.00sec
200m Boys	42.50sec	37.50sec	59.50sec	43.50sec
200m Girls	46.50sec	43.00sec	1:30.00sec	50.00sec
400m Boys	1:24.00min	1:27.00min	1:20.00min	1:27.00min

400mGirls	1:38.50min	1:45.00min	1:50.00min	1:40.00min
Discus Boys	10.00m 1Kg	10.00m 1Kg	7.50m 1Kg	10.00m 1Kg
Discus Girls	6.00m 1Kg	6.00m 1Kg	7.00m 1Kg	5.00m 1Kg
Shot Put Boys	4.00m 4Kg	4.00m 4Kg	2.25m 3Kg	3.00m 4Kg
Shot Put Girls	3.00m 4Kg	3.00m 4Kg	2.00m 3Kg	2.50m 4Kg
Javelin Boys	9.60m 600g	15.00m 600g	5.85m 600g	9.60m 600g
Javelin Girls	4.60m 600g	8.00m 600g	4.75m 600g	4.60m 600g
Long Jump Boys	2.00m	2.50m		2.00m
Long Jump Girls	N.S.	2.00m		N.S.

NZSSAA Standards 2006

For Schools wishing to enter more than one competitor in an event

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	2:03.00secs	2:08.00secs	2:28.00secs	2:30.00secs
1500m	4:14.00secs	4:30.00secs	5:10.00secs	5:30.00secs
3000m	9:18.00secs	9:40.00secs	11:00.00secs	11:30.00secs
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 5Kg	11.80m 5Kg	9.40m 4Kg	9.85m 3.25Kg
Discus	36.00m 1.5Kg	35.00m 1.25Kg	28.00m 1Kg	26.00m 1Kg
Javelin	43.00m 700g	38.00m 700g	26.00m 600g	24.00m 600g
Hammer	N.S	N.S	N.S	N.S
Open Events				
2000m steeplechase	6:25.00secs		8:30.00secs	
300m hurdles	46.2secs		49.2secs	
2000m walk			N.S	
3000m walk	18:25.00secs			
Pole Vault	N.S		N.S	

Technical Information

Hurdle Heights and Distances

	Height	No.	To 1 st	Between	To Finish
Boys Sen 110m	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 80m	76.2cm	8	12.00m	8.00m	12.00m
Girls 300m	76.2cm	7	50.00m	35.00m	40.00m

Steeplechase	Distance	Height
Boys Open	2000m	91.4cm
Girls Open	2000m	76.2cm

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

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

Implements

	Javelin	Discus	Shot	Hammer
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 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 open online on **25th October**.

Entries will close on **Thursday 30th November**. After that date no new entries will be accepted.

There will be no late entries accepted for this year's Championships.

If you are having to submit your entries within a day or two prior to this date 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.

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 invoiced 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 6th 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 the day of the event. The forms for confirmation of relay teams will be provided in Team Managers Packs. In order to have all relay competitors allocated competition numbers you will need to use the Relay Only tick box 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 to devote time to gathering the information necessary to be able to submit a realistic aggregate seed time for their team.

RESTRICTIONS TO THE NUMBER OF COMPETITORS PER SCHOOL

Each School has the right to enter one competitor per event, or team per relay. Although no seeding time or mark is required in this case we do seed 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 6 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.

HOW THE ONLINE ENTRY PAGES 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 Page** 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 **Athletes Page** allows you to input the details of each competitor and to select the events they wish to contest. When each is saved you may opt to add another athlete. By clicking this option you will remain in the Entry Form 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 drop down menus. For Athletes with Disabilities the Disability category must be selected in the Age/Grade menu. The event menus remain "**Ineligible**" until the individuals age and gender are input. They then change to "**Select**". Only the events the athlete is eligible for are offered. Next to each event box there is a place for the seed time or mark for that event. You may have to use the Horizontal or Vertical scroll bar to get to them all. There are "Save" boxes to click when you wish to save the information you have entered to that point. If information you have entered does not conform, eg seed times are in the wrong format or don't meet the standard you will be returned to the entry page for that athlete and the non-conforming data will be highlighted.

The **Entries Browser**. When you save your entries you should go to the Entries Browser. If you have added competitors to events in which you already have entries and they do not all have qualifying seed times or marks, then these events will be presented in red script. You must scroll through all your entries for the 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 the address which is printed on the invoice. In both these cases an invoice is generated for your school, which you must print. We do not post invoices or receipts. 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 6 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 email this page only to

oe@nzssaa.org.nz

Or post to

NZSSAA Entries
P.O Box 33-034
CHRISTCHURCH

NZSSAA TRACK AND FIELD GUIDELINE PROGRAMME

Saturday am			4X100	SG
8:30am – 12 noon	300H	OB	3000	SG
	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 finals times.

Shotput, Discus, Javelin and Long Jump are included in the Field Events Programme.

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

2:00pm Opening Ceremony		
	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

**Sunday am
8:45am-12noon**

110H	SB
100H	JB
100H	SG
80H	JG
800	JG
800	JB
3000	SG
100	JG*
100	JB*
100	SG*
100	SB*
*If 4 Rounds are required	
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

Closing Ceremony

4X400	JG
4X400	JB
4X400	SG
4X400	SB

**Sunday pm
12noon – 5pm**

3000	JB
800	SG
800	SB
800	JG
800	JB
100	4 AWD Grades
100	SG
100	SB
100	JG
100	JB
2000W	OG
300H	OG
300H	OB
1500	SG
1500	SB
200	4 AWD Grades
200	SG
200	SB
200	JG
200	JB
400	JG
400	JB
3000W	OB
400	4 AWD Grades
400	SG
400	SB
2000ST	OG
1500	JG
1500	JB
2000ST	OB
4X100	JG
4X100	JB
4X100	SG
4X100	SB

SATURDAY FIELD

8:45am	11.00am	1.00pm	3:00pm
High Jump JG Javelin SG Javelin AWD G Long Jump SB Long Jump AWD B	Hammer JB/SB Long Jump JB Pole Vault OG Javelin AWD WC	Discus JB High Jump SB Javelin JG Long Jump SG Long Jump AWD G	Discus SG Discus AWD G Discus AWD WC Shot Put SB Shot Put AWD B

5:00pm
High Jump JB Long Jump JG

SUNDAY FIELD

8:45am	11:00am	1:00pm	2:00pm
Javelin SB Javelin AWD B Shot Put JG Triple Jump JB Triple Jump SG	Discus JG Javelin JB Pole Vault OB Shot Put SG Shot Put AWD G Triple Jump SB	Hammer JG/SG Shot Put JB Shot Put AWD WC	Triple Jump JG High Jump SG

3:00pm
Discus SB Discus AWD B

ROAD RACE

8:00am	3000m	Year 9 Girls
8:20am	3000m	Year 9 Boys
8:40am	4000m	Junior Girls

9:05am	4000m	Junior Boys
9:30am	4000m	Senior Girls
9:55am	6000m	Senior Boys
10:25am	1500m	All AWD Grades