

Technical Information and Standards 2009

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.

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.

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, at the times below:

- Implements required for Saturday field events - on Friday afternoon up to 5.00 pm at Aorangi All Weather Track Equipment Sheds or at the AGM.
- Implements required for Sunday field events - before Midday on Saturday at the Equipment Sheds.

Starting Blocks

The use of starting blocks is compulsory for all track events up to and including 400 m. 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 no longer than 6 mm. High jump and javelin areas spikes may be up to 9 mm long.

Lanes

Competitors in track events up to and including 400 m must remain in their lanes and return to the finish line in their lanes at the end of the event. The 800 m 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.

Electronic Devices

The use of cell phones, iPods etc in the competition arena is strictly prohibited. Doing so will make an athlete liable to disqualification. Leave them in your bags and turned off. Having your phone ring while competing is classed as using it.

Events at the Same Time

For competitors who find they are in a field and 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. Team 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 themselves 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 9 December or is otherwise liable for exclusion from the meeting. Any scratchings after Wednesday 9 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 Timaru 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.

1. *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.
2. *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.
3. *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.
4. *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 m, 200 m, 400 m, shot put, discus, javelin, long jump and road race.

Schools contemplating entering athletes with disabilities should check the list of AWD Standards below.

NZSSAA Standards

For schools wishing to enter more than one competitor in an event:

Event	Senior Boys	Junior Boys	Senior Girls	Junior Girls
100 m	11.4 s	11.9 s	13.0 s	13.2 s
200 m	23.4 s	24.3 s	26.8 s	27.0 s
400 m	53.0 s	55.5 s	62.0 s	63.0 s
800 m	2:03.00 min	2:08.00 min	2:28.00 min	2:30.00 min
1500 m	4:14.00 min	4:30.00 min	5:10.00 min	5:30.00 min
3000 m	9:18.00 min	9:40.00 min	11:00.00 min	11:30.00 min
Hurdles	17.5 s – 110 m	16.5 s – 100 m	17.5 s – 100 m	15.0 s – 80 m
High Jump	1.70 m	1.60 m	1.45 m	1.40 m
Long Jump	5.90 m	5.60 m	4.90 m	4.75 m
Triple Jump	12.30 m	11.50 m	9.80 m	9.50 m
Shot Put	12.20 m 5 Kg	11.80 m 5 Kg	9.40 m 4 Kg	9.85 m 3.25 Kg
Discus	36.00 m 1.5 Kg	35.00 m 1.25 Kg	28.00 m 1 Kg	26.00 m 1 Kg
Javelin	43.00 m 700 g	38.00 m 700 g	26.00 m 600 g	24.00 m 600 g
Hammer	N.S. 5 Kg	N.S. 4 Kg	N.S. 4 Kg	N.S. 3 Kg

Event	Open Boys	Open Girls
2000 m Steeplechase	6:25.00 min	8:30.00 min
300 m Hurdles	46.2 s	49.2 s
2000 m Walk		N.S.
3000 m Walk	18:25.00 min	
Pole Vault	N.S.	N.S.

Recommended Standards for Athletes with a Disability

Event	PD	ID	WC	VI
100 m Boys	16.60 s	16.60 s	40.00 s	20.00 s
100 m Girls	22.30 s	22.30 s	50.00 s	25.00 s
200 m Boys	42.50 s	37.50 s	59.50 s	43.50 s
200 m Girls	46.50 s	43.00 s	1:30.00 min	50.00 s
400 m Boys	1:24.00 min	1:27.00 min	1:20.00 min	1:27.00 min
400 m Girls	1:38.50 min	1:45.00 min	1:50.00 min	1:40.00 min
Discus Boys	10.00 m 1 Kg	10.00 m 1 Kg	7.50 m 1 Kg	10.00 m 1 Kg
Discus Girls	6.00 m 1 Kg	6.00 m 1 Kg	7.00 m 1 Kg	5.00 m 1 Kg
Shot Put Boys	4.00 m 4 Kg	4.00 m 4 Kg	2.25 m 3 Kg	3.00 m 4 Kg
Shot Put Girls	3.00 m 4 Kg	3.00 m 4 Kg	2.00 m 3 Kg	2.50 m 4 Kg
Javelin Boys	9.60 m 600 g	15.00 m 600 g	5.85 m 600 g	9.60 m 600 g
Javelin Girls	4.60 m 600 g	8.00 m 600 g	4.75 m 600 g	4.60 m 600 g
Long Jump Boys	2.00 m	2.50 m		2.00 m
Long Jump Girls	N.S.	2.00 m		N.S.

Technical Information

Hurdle Heights and Distances

Event	Height (cm)	No.	To 1 st (m)	Between (m)	To Finish (m)
Boys Senior 110m	91.4	10	13.72	9.14	14.02
Boys Junior 100m	84.0	10	13.00	8.50	10.50
Boys 300m	84.0	7	50.00	35.00	40.00
Girls Senior 100m	76.2	10	13.00	8.50	10.50
Girls Junior 80m	76.2	8	12.00	8.00	12.00
Girls 300m	76.2	7	50.00	35.00	40.00

Steeplechase

Event	Distance (m)	Height (cm)
Boys Open	2000	91.4
Girls Open	2000	76.2

High Jump

Senior Boys: Start at **1.65 m** with **5 cm** rises to **1.85 m** thereafter **3 cm** rises
Junior Boys: Start at **1.55 m** with **5 cm** rises to **1.75 m** thereafter **3 cm** rises
Senior Girls: Start at **1.40 m** with **5 cm** rises to **1.55 m** thereafter **3 cm** rises
Junior Girls: Start at **1.35 m** with **5 cm** rises to **1.50 m** thereafter **3 cm** rises

Pole Vault

Boys: Start at **2.60 m** goes up in **15 cm** rises until **3.20 m** thereafter **10 cm** rises
Girls: Start at **1.80 m** goes up in **15 cm** rises until **3.00 m** thereafter **10 cm** rises

Implements

Event	Javelin (g)	Discus (kg)	Shot (kg)	Hammer (kg)
Boys Senior	700	1.50	5.00	5.00
Boys Junior	700	1.25	5.00	4.00
Girls Senior	600	1.00	4.00	4.00
Girls Junior	600	1.00	3.25	3.00