Track, Field and Road Race Entry Rules and Guidelines

1. For the Track and Field events each competing school is entitled to enter 1 athlete per event as of right, and may enter as many as 3 providing they come within the ENTRY STANDARD. Where a school is entering a team in either of the relays up to 4 athletes may be entered into the 100m or 400m (in online entries the relay team entry has to be made before the system will accept a 4th athlete). A case may be made for additional entries however, on application to online entries support person (oe@nzssaa.org.nz)who will confer with the LOC chairperson. For the Road Race there is no limit on the numbers of athletes a school can enter.

2. It is advisable to submit a best performance for each athlete although it is not compulsory to do so when only 1 athlete is being entered. When more than one athlete is entered all athletes require a best performance.

3. Athletes may not compete in both Junior and Senior grades in the same discipline although a Junior may compete in an open event and be included in a senior relay if he/she does not compete in a junior relay.

4. Athletes entered in the Championships must not only conform to the age limitations but must also be currently enrolled in Year 9 to Year13 inclusive only.

5. Grades are as follows: Senior under 19.5 years on December 31 of the current year
Junior turned13 years and under 16 years on December 31 of the current year
Year 9: Road Race only. Enrolled in year 9, turned13 years and under 15years on December 31of the current year
AWD under 22 on December 31 of the current year

N.B   Experience from past championships indicate that no athlete can attempt more than **TWO** track events, and expect satisfactory results. **DO NOT OVER COMMIT AN ATHLETE**

Priority of Track: Where an athlete is entered in both the road race championship and the track and field championship and makes a track final, then the track final takes priority and the athlete should be withdrawn from the road race event.