

Track and Field Entry Rules

1. 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. A case may be made for additional entries however, on application to online entries support person who will confer with the LOC chairperson.
2. The committee reserves the right to decline the entry of any athlete, other than a school's first, for which a best performance has not been listed, or should numbers of entries make this necessary.
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. Best performances are to be listed for each athlete in each event. Supporting evidence may be required.
6. Grades are as follows: Senior under 20 years on December 31 of the current year
Junior turned 13 years and under 16 years on December 31 of the current year
Para Athletes: As for junior and senior above except the Senior age for ORS funded students is under 22 on 31 December of 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**