



43rd New Zealand Secondary Schools Track & Field and 41st Road Race Championships, Timaru 2015

Technical Information and Standards 2015

Rules of Competition

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

Numbers

Competitor numbers must be worn on the chest (except for pole vault). Athletes may be disqualified if the number is not displayed during the competition.

Competition Area

Only officials, authorised personnel and competitors currently involved in an 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 to the event time.

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 practice throws 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 Equipment Manager 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 Equipment Manager at the times below.

- Implements required for Friday afternoon field events - to the equipment shed at the north end of the stadium by 11.00am Friday.
- Implements required for all Saturday field events – to the equipment shed at the north end of the stadium by 5.00pm Friday.
- Implements required for all Sunday field events - to the equipment shed at the north end of the stadium by 5.00pm Saturday.

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.

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. Para athletes are exempt from this ruling if their impairment prevents the use of blocks.

Spikes

In track events, long jump and triple jump, spikes must be no longer than 6 mm. High jump and javelin areas spikes may be up to 9 mm long.

Starting:

The starter will give one command 'on your marks' for all events over 400m and two commands for all events up to and including the 400m

- a) 'On your marks' to bring competitors to their starting location.
- b) 'Set' to bring all competitors to the set position ready to start. When all competitors are steady in the set position the gun will be fired. Any competitor who false starts will be disqualified unless the Starter or Referee determines it was not the athletes fault. Disqualified athletes may run 'under protest' and have their disqualification reviewed by the Referee whose decision can be appealed by the lodging of a protest (IAAF Rule 146).

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.

Relays

Relays adhere to IAAF rules with one exception. A changed running order from that submitted at relay declaration time will not result in disqualification. Team Managers must confirm the names of their team members (and up to 2 substitutes) by 12.00 noon on race day ie Saturday for 4x100m where heats are required or Sunday for 4x100m where a straight final is being held and for 4x400m relays.

Completion of Events

Any athlete who qualifies in the heat or round **must** compete in succeeding rounds and in 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. Where an athlete finds themselves in a field event and track event they have qualified for at the same time and to compete in the track event would be seriously affect their field event performance they should inform the Referee as soon as possible that they wish to withdraw from the track event. This may be done without penalty if

the Referee accepts the circumstances are genuine. Providing there is enough time an attempt will be made to replace that athlete in the track event with the fastest non qualifier in the previous round.

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 (a phone ring while competing is classed as using it). **Such electronic devices will be taken from athletes at the Call Room. It is advisable for athletes not to take such devices to the Call Room they should leave them with Team managers or team mates.**

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 of when they should leave the field event to compete in the track event. Athletes may request the appropriate referee to change their order of competition in that round to assist in doing both events. When the time comes 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 that has been completed and for which they were absent.

Scratchings

Scratchings for single events must be done on the NZSSAA website by Tuesday 1st December. After that date any scratchings received will be considered as scratchings from all events.

NB The Road Race and the Track and Field Championships are separate championships and scratching from one after tuesday does not stop an athlete taking part in the other. Scratchings are not required for the road race unless the team manager plans to substitute a replacement runner and this can be done right up to the time of the race using the scratchings/replacements form provided to managers.

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.

Para Athletes

Para Athletes will be given a track classification (T) and/or a field classification (F). There will be two competition divisions, Intellectually Impaired Athletes and Physically Impaired Athletes. Within the Physically Impaired Athletes division will be Cerebral Palsy, Short Stature, Amputee/Other and Wheelchair user. Visual Impairment athletes, although classified as a separate para athletics group, will also compete in the Physically Impaired Athletes division.

Athletes with Physical and Visual Impairments competing at the NZ Secondary Schools Athletics Championships **are required** to have a National Classification. Athletes with an Intellectual Impairment **are required** to have a Provisional Classification. Classification ensures that athletes meet impairment eligibility and have an activity limitation.

For the Physically Impaired Athlete division the results and placings will be calculated on a percentage of world record for each classification. It will enable athletes with different impairments, cerebral palsy, vision, short stature etc, to compete for the same medal and national title. This will require athletes competing in the Physically Impaired Athlete classification to have a provisional classification through Paralympics New Zealand. Forms for classification are available on the NZSSAA website and from www.paralympics.org.nz . **Confirmation of classification, carried out by paralympic classifiers, will occur prior to the championships on Friday and possibly on Saturday by arrangement.**

The Intellectually Impaired Athlete division will be for athletes with an intellectual impairment rather than athletes with specific learning difficulties eg difficulty with reading. Provisional classification is required for this division and forms are available on the NZSSAA website and from www.paralympics.org.nz and confirmation will occur as above.

Please Note:

- Students with specific learning difficulties are not eligible for the Intellectually Impaired Athlete division.
- Hearing Impaired athletes are not eligible for classification as physical abilities are comparable to that of their peers. However adequate provision will be made to ensure starting mechanisms are in place to allow for equal competition.
- Athletes with adequate residual vision to compete evenly with fully sighted peers are encouraged to do so.
- Some athletes may have multiple impairments therefore teachers are to register students into the classification where the functional impairment is the greatest.

There will be two age groups for each classification, junior (below 16) and senior (16 and above) on 31 December.

It is important to note that students with an impairment who are ORS funded are entitled to stay at secondary school until the age of 21. Students in this category who are 20 years and over on 31 Dec need to apply for entry to oe@nzssaa.org.nz.

The following events will be included: 100 m, 200 m, 400 m, shot put, discus, javelin, long jump (metre mat not used), high jump and road race. Schools contemplating entering para athletes should check the standards below.

NZSSAA Standards

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

The implement weights for throwing events are in blue.

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	1.75 m	1.65 m	1.50 m	1.45 m
Long Jump	6.10 m	5.60 m	4.90 m	4.85 m
Triple Jump	12.30 m	11.50 m	9.85 m	9.50 m
Shot Put	13.20 m 5 Kg	11.80 m 5 Kg	11.00 m 3 Kg	10.50 m 3 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	27.00 m 500 g	25.00 m 500 g
Hammer	30.00 m 5 Kg	30.00 4 Kg	30.00 3 Kg	27.00 3 Kg

Event	Open Boys	Open Girls
2000 m Steeplechase	6:25.00 min	8:25.00 min
300 m Hurdles	46.2 s	49.2 s
2000 m Walk		14:00.00 min
3000 m Walk	18:25.00 min	
Pole Vault	N.S.	N.S.

Implement weights for Para Athletes

SENIOR BOYS & GIRLS - FIELD

16 years and over as at 31 December of the year of competition

Impairment Group	Classification	Boys			Girls		
		Discus	Javelin	Shot Put	Discus	Javelin	Shot Put
VISUAL IMPAIRMENT	F11-13	1.50kg	700g	5.00kg	1.00kg	500g	3.00kg
INTELLECTUAL IMPAIRMENT	F20	1.50kg	700g	5.00kg	1.00kg	500g	3.00kg
PHYSICAL IMPAIRMENT							
<i>Cerebral Palsy</i>	F35-36	1.00kg	600g	4.00kg	1.00kg	500g	3.00kg
	F37	1.00kg	600g	5.00kg	1.00kg	500g	3.00kg
	F38	1.50kg	700g	5.00kg	1.00kg	500g	3.00kg
<i>Short Stature</i>	F40-41	1.00kg	600g	4.00kg	750g	400g	3.00kg
<i>Amputee & Others</i>	F42-47	1.50kg	700g	5.00kg	1.00kg	500g	3.00kg
<i>Wheelchair</i>	F33	1.00kg	600g	3.00kg	1.00kg	500g	3.00kg
	F34	1.00kg	600g	4.00kg	1.00kg	500g	3.00kg
	F52	1.00kg	600g	2.00kg	1.00kg	500g	2.00kg
	F53	1.00kg	600g	3.00kg	1.00kg	500g	3.00kg
	F54-56	1.00kg	600g	4.00kg	1.00kg	500g	3.00kg
	F57	1.00kg	600g	4.00kg	1.00kg	500g	3.00kg
	F58	1.00kg	600g	5.00kg	1.00kg	500g	3.00kg

JUNIOR BOYS & GIRLS - FIELD

Under 16 years as at 31 December of the year of competition

Impairment Group	Classification	Boys			Girls		
		Discus	Javelin	Shot Put	Discus	Javelin	Shot Put
VISUAL IMPAIRMENT	F11-13	1.00kg	700g	4.00kg	1.00kg	500g	3.00kg
INTELLECTUAL IMPAIRMENT	F20	1.00kg	700g	4.00kg	1.00kg	500g	3.00kg
PHYSICAL IMPAIRMENT							
<i>Cerebral Palsy</i>	F35-36	750g	500g	3.00kg	750g	500g	2.00kg
	F37	750g	500g	3.00kg	750g	500g	2.00kg
	F38	750g	600g	3.00kg	750g	500g	2.00kg
<i>Short Stature</i>	F40-41	1.00kg	400g	3.00kg	750g	400g	2.00kg
<i>Amputee & Others</i>	F42-47	1.00kg	600g	4.00kg	1.00kg	400g	3.00kg
<i>Wheelchair</i>	F33	750g	500g	2.00kg	750g	500g	2.00kg
	F34	750g	500g	3.00kg	750g	500g	2.00kg
	F52	750g	400g	2.00kg	750g	400g	2.00kg
	F53	750g	400g	2.00kg	750g	400g	2.00kg
	F54-56	750g	400g	2.00kg	750g	400g	2.00kg
	F57	1.00kg	500g	2.00kg	750g	400g	2.00kg
	F58	1.00kg	500g	3.00kg	750g	400g	3.00kg

Students can be assessed and a provisional classification can be allocated to you simply by completing the relevant forms primary to your disability. Forms can be downloaded on www.paralympics.org.nz. Please ensure that these forms are submitted to Paralympics New Zealand.

Standards for Para Athletes

There are no standards for High Jump or Long Jump.

SENIOR & JUNIOR BOYS - TRACK

Impairment Group	Classification	100m	200m	400m
		VISUAL IMPAIRMENT	T11-13	19sec
INTELLECTUAL IMPAIRMENT	T20	17sec	40sec	1min20
PHYSICAL IMPAIRMENT				
<i>Cerebral Palsy</i>	T35-38	20sec	45sec	1min40
<i>Short Stature</i>	T40	21sec	50sec	1min50
<i>Amputee & Others</i>	T41-46	20sec	45sec	1min40
<i>Wheelchair</i>	T33-34	40sec	1min10	2mins20
	T51-54	40sec	1min10	2mins20

SENIOR & JUNIOR BOYS - FIELD

Impairment Group	Classification	Shot Put	Discus	Javelin
		VISUAL IMPAIRMENT	F11-13	3.5m
INTELLECTUAL IMPAIRMENT	F20	4m	10m	12m
PHYSICAL IMPAIRMENT				
<i>Cerebral Palsy</i>	F35-38	3.5m	10m	9m
<i>Short Stature</i>	F40	2.5m	7.5m	6m
<i>Amputee & Others</i>	F41-46	3.5m	10m	9m
<i>Wheelchair</i>	F33-34	2.5m	7.5m	6m
	F52-58	2.5m	7.5m	6m

SENIOR & JUNIOR GIRLS - TRACK

Impairment Group	Classification	100m	200m	400m
		VISUAL IMPAIRMENT	T11-13	23sec
INTELLECTUAL IMPAIRMENT	T20	20sec	45sec	1min40
PHYSICAL IMPAIRMENT				
<i>Cerebral Palsy</i>	T35-38	23sec	1min	2mins
<i>Short Stature</i>	T40	25sec	1min	2mins
<i>Amputee & Others</i>	T41-46	23sec	1min	2mins
<i>Wheelchair</i>	T33-34	50sec	1min30	3mins
	T51-54	50sec	1min30	3mins

SENIOR & JUNIOR GIRLS - FIELD

Impairment Group	Classification	Shot Put	Discus	Javelin
		VISUAL IMPAIRMENT	F11-13	3.5m
INTELLECTUAL IMPAIRMENT	F20	4m	10m	12m
PHYSICAL IMPAIRMENT				
<i>Cerebral Palsy</i>	F35-38	3.5m	10m	9m
<i>Short Stature</i>	F40	2.5m	7.5m	6m
<i>Amputee & Others</i>	F41-46	3.5m	10m	9m
<i>Wheelchair</i>	F33-34	2.5m	7.5m	6m
	F52-58	2.5m	7.5m	6m

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 **1.70 m** with **5 cm** rises to **1.90 m** thereafter **3 cm** rises

Junior Boys: Start at **1.60 m** with **5 cm** rises to **1.80 m** thereafter **3 cm** rises

Senior Girls: Start at **1.45 m** with **5 cm** rises to **1.60 m** thereafter **3 cm** rises

Junior Girls: Start at **1.40 m** with **5 cm** rises to **1.55 m** thereafter **3 cm** rises

Para athletes Height and rises to be agreed with officials

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 **2.10 m** goes up in **15 cm** rises until **3.00 m** thereafter **10 cm** rises

Implements

Event	Javelin (g)	Discus (kg)	Shot Put(kg)	Hammer (kg)
Boys Senior	700	1.50	5.00	5.00
Boys Junior	700	1.25	5.00	4.00
Girls Senior	500	1.00	3.00	3.00
Girls Junior	500	1.00	3.00	3.00