



46th Perpetual Guardian New Zealand Secondary Schools Track & Field and 44th Road Race Championships Dunedin 2018

Competitor Information and Standards 2018

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 and back (except for pole vault and jumps where only 1 number is required either front or back). 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 at the following times preceding their advertised start time:

- Track (excluding hurdles but including relays) 25 minutes
- Hurdles (warm ups may be allowed on track) 45 minutes
- Field events (excluding pole vault) 50 minutes
- Pole vault 75 minutes

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 in competition order. For all track quarter finals, semi-finals and finals, athletes must report to the Call Room tent 25 minutes (excluding hurdles 45 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. Implements may only be picked up after the competition from the technical equipment shed. They are not to be taken from the event.

It is the responsibility of the Team Manager to have these implements to the Technical Equipment Manager at the times below. Equipment checks will be done at the equipment shed at the back of the grandstand.

- Implements required for Friday afternoon field events - by 12.00pm Friday
- Implements required for all Saturday field events - by 5.00pm Friday
- Implements required for all Sunday field events - by 5.00pm Saturday.

Poles for the Pole Vault

Competitors need to supply their own poles. Personal poles cannot be used by other competitors without the owner's permission.

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. Para athletes are exempt from this ruling if their impairment prevents the use of blocks, but Para II athletes need to use blocks if they wish to be eligible for a record otherwise blocks are optional.

Spikes

In track events, long jump and triple jump, spikes must be no longer than 6mm. High jump and javelin areas spikes may be up to 9mm 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 (i.e. hands leave the ground or feet leave the blocks) will be disqualified unless the Starter or Starts Referee determines it was not the athlete's fault. Disqualified athletes may run 'under protest' if permitted to (in accordance with rule 146) by the Starts Referee and have their disqualification reviewed by the Starts Referee whose decision can be appealed by the lodging of an appeal to the Jury of Appeal (IAAF Rule 146)

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 (round 2 onwards only on the board) and on Live Results 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 i.e. 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 Technical Delegate has been obtained (apply at TIC). Failure to do so renders the athlete liable to disqualification from other events during the meeting although the expectation is that the athlete will be taking no further part in the championships.

Where an athlete finds they are 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 Field Referee as soon as possible that they wish to withdraw from the track event. The Field Referee will confer with the Track Referee on the athlete's behalf. This withdrawal will be done without penalty if the Referees accept the circumstances are genuine.

Where an athlete is unable to compete in a succeeding round an attempt will be made, providing time allows, to replace that athlete with the fastest non-qualifier from the previous round.

Electronic Devices

The use of cell phones and other electronic devices 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). Either leave them with a trusted person or turned off in a bag you are taking to the event.

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.

Qualifying Pools for Field Events

Qualifying pools will be arranged by the Competition Manager/Technical Delegate if the number of athletes entered in a field event are considered too high for the event to be held in the allocated time period. Depending on the configuration of the competition arena one of two possible options will be used.

Option A: The entrants will be divided into two pools of equal size. The pools will compete simultaneously under the same conditions with each athlete completing their three trials. The top eight athletes, drawn from both pools, will go onto contest their last three trials at that time to determine final placings.

Option B: The entrants will be divided into two pools of equal size which will be held consecutively (one pool following the other). A qualifying performance will be set by the Technical Delegate prior to competition commencing. Athletes who achieve or better that qualifying performance will retire

from competition. The remainder of athletes in the pool will continue until their final 3 trials are completed. A finals field of approximately twelve athletes will be determined from those qualifying automatically (guaranteed a place in the final) and top placed non-automatic qualifiers.

The final, consisting of three trials for all athletes and six for the top eight, will be held at a suitable time to allow for recovery and preparation e.g. the following day.

Scratchings

Scratchings for single events must be done on the NZSSAA website by Tuesday 27 November. 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/Appeals

These must be lodged with the referee as laid down in the competition rule (IAAF rule 146). Appeals to the Jury of Appeal must be done in writing and be accompanied by a deposit of \$50 which may be forfeited if the appeal fails.

Personal Safety and Property

Competitors take part in the event at their own risk. The NZSSAA and the 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. The Local Organising Committee has prepared a Safety Plan and made that available on the NZSSAA website for everyone involved with the Championships and a summary is printed in the programme.

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 Impairments competing at the NZ Secondary Schools Athletics Championships **are required** to have a National Classification. Athletes with an Intellectual Impairment or Visual 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 Thursday and on Friday morning.**

The Intellectually Impaired Athlete division will be for athletes with an intellectual impairment rather than athletes with specific learning difficulties e.g. 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 except in the Road Race where a Year 9 grade is available.

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. Competing alongside unimpaired athletes in other events will be considered on application to oe@nzssaa.org.nz. 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
2000m Steeplechase	6:25.00 min	7:30.00 min	8:25.00 min	8:45.00 min
Short Hurdles	17.5 s – 110 m	16.5 s – 100 m	17.5 s – 100 m	15.0 s – 80 m
300m Hurdles	46.2 s	49.2 s	49.2 s	53.00 s
High Jump	1.75 m	1.60 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
Pole Vault	NS (see starting height)	NS (see starting height)	NS (see starting height)	NS (see starting height)
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 Walk		14:00.00 min
3000 m Walk	18:25.00 min	

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 (mm)	No.	To 1 st (m)	Between (m)	To Finish (m)
Boys Senior 110m	0.914	10	13.72	9.14	14.02
Boys Junior 100m	0.838	10	13.00	8.50	10.50
Boys Senior 300m	0.838	7	50.00	35.00	40.00
Boys Junior 300m	0.762	7	50.00	35.00	40.00
Girls Senior 100m	0.762	10	13.00	8.50	10.50
Girls Junior 80m	0.762	8	12.00	8.00	12.00
Girls Senior 300m	0.762	7	50.00	35.00	40.00
Girls Junior 300m	0.762	7	50.00	35.00	40.00

Steeplechase

Event	Distance (m)	Height (mm)
Boys Senior	2000	0.914
Boys Junior	2000	0.762
Girls Senior	2000	0.762
Girls Junior	2000	0.762

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 **1.55 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

Senior Boys: Start at **2.85 m** goes up in **15 cm** rises until **3.15 m** thereafter **10 cm** rises

Junior Boys: Start at **2.40 m** goes up in **15 cm** rises until **3.15 m** thereafter **10 cm** rises

Senior Girls: Start at **2.35 m** goes up in **15 cm** rises until **2.80 m** thereafter **10 cm** rises

Junior Girls: Start at **2.05 m** goes up in **15 cm** rises until **2.80 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