Track, Field and Road Race Entry Rules and Guidelines

1. For the Track and Field events each competing school is allowed to enter 3 athletes per event. They should all be entered with regard to the **Entry Standards which should be used as a Guide**. 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 to the online entries support person (oe@nzssaa.org.nz) for a fourth entry into other events providing all athletes have proof they have met the standard. For the Road Race there is no limit on the numbers of athletes a school can enter.

2. A best performance for each athlete entered is required for ranking purposes. Where an official performance is not available a sensible estimation of performance is acceptable except when proof of performance is required for entry.

3. Athletes may not compete in both Junior and Senior grades in the same discipline. A Junior may compete in a Senior event if they choose to and be included in a senior relay if he/she does not compete in a junior relay.

4. Relay team athletes must all be from the same school (with 1 exception see 5). More than 1 team can be entered on the understanding that the additional teams go onto a wait list if more than 16 entries are received. Athletes can compete in only one 4x100m relay and one 4x400m relay.

5. Mixed 4x100m and 4x400m Relays. Teams are to be made up of 2 boys and 2 girls from a single co-educational school. Single gender schools may apply to the NZSSAA Events Coordinator for entry to join with another single gender school provided both school rolls are under 250 pupils each and the schools are from the same locality. The order for the running of these relays will be:
   4x100m – Girl, Girl, Boy, Boy
   4x400m – Boy, Girl, Boy, Girl

6. Athletes entered in the Championships must not only conform to the age limitations but must also be currently enrolled in Year 9 to Year 13 inclusive.

7. Grades are as follows: Senior under 20 years on December 31 of the current year
   Junior turned13 years and under 16 years on December 31 of the current year
   Para Athletes:
   Under 15 Para athletes (Road Race only) turned13 years and under 15years on December 31 of the current year.

Juniors under 17 and Seniors under 20 on December 31 of the current year except for ORS funded athletes who can be under 22 on December 31 of the current year.

N.B Experience from past championships indicates that athletes can rarely 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 must be withdrawn from the road race event unless there is no clash of race times and plenty of recovery time available. Withdrawal from a track final having qualified, in favour of the Road Race, will mean disqualification from any other event the athlete may be involved in.